



12 months follow-up

♂ Boy ☐ ♀ Girl ☐ Date of the visit: _____ Chronological Age: _____ Corrected age if born preterm: _____

Accompanied by: _____

Parental Concerns

Life Context

- ☐ Attending daycare?: _____ ☐ Stressors (separation, grief, substance use or mental health condition)?: _____
- ☐ Current family and friend support?: _____ ☐ Food insecurity? _____
- ☐ Parental depression (during the past months, how did you feel?) _____ ☐ With whom the child lives?: _____

Health Monitoring

- ☐ Persistent dacryostenosis? _____ ☐ Number of ear infection or otitis in past few months?: _____
- ☐ Contact of the child or one of its parents with a case of active tuberculosis?: _____
- ☐ Bronchospasms in the last months?: _____

Current Lifestyle Habits

Nutrition

- ☐ **Breastfeeding: nbr of times/day:** _____
- ☐ **Vitamin D: 800 IU/day of breastfed or 400 IU if bottled-fed**
- ☐ Other supplements/natural products?
- ☐ 3.25% milk (max 20 oz. or 600 ml/day) • Quantity: _____
- ☐ Other types of milk (avoid up to 2 years): _____
- ☐ Water offered during meals in open cup: _____
- ☐ **Avoid juice:** _____
- ☐ Iron supplement if premature _____

- ☐ Solid foods: *Cereals with iron*, vegetables, fruits, meat, beans, tofu, nut butter, **fish rich in omega-3**, whole eggs, cheese, yogurt
- ☐ Difficulty with some textures?: _____

Guidance

- ☐ Eats with fingers and with family
- ☐ **Bottle weaning**
- ☐ Avoid small hard pieces
- ☐ Reduced appetite
- ☐ **Respect signs of hunger and satiety of the child**

Is exposed to screens? Yes ☐ No ☐ **Physical activities on the ground?:** _____

Development (age corrected if born preterm)

Cognitive

- ☐ Looks for objects that have been hidden (e.g., under a blanket or behind a piece of furniture).
- ☐ Explores objects and the effects they produce when in action (shaking, throwing, dropping, banging together).
- ☐ Imitates simple gestures and actions (e.g., bye bye or patty cake).

Physics and motor

- ☐ Moves from lying to sitting up unassisted
- ☐ Stands with or without adult support.
- ☐ Walks while holding an adult's hands or holding on to furniture.
- ☐ Grasps small objects or food (e.g., cereal) with the tip of the thumb and another finger.
- ☐ **Can release objects.**
- ☐ Holds a cup or sippy cup with both hands.

Language

- ☐ Understands words in specific contexts, aided by intonation and non-verbal cues (e.g. if the adult says "Where's Mommy?", the child looks at his/her mother).
- ☐ Makes known what he/she wants with gestures or a combination of gestures and sounds (e.g., reaches out or points).
- ☐ **Say 2 or 3 words including anaana, ataata**
- ☐ Mimics facial expressions, intonation and sounds.

12 months follow-up (suite)

Development (age corrected if born preterm)

Social and emotional

- ☐ Is interested in other children, observes them, smiles or laughs when looking at them.
- ☐ Seeks the comfort of a significant adult (e.g., reaches out to be picked up when things go wrong).
- ☐ Shares with the adult what he/she is interested in by pointing, looking at the adult for attention (the start of joint attention).

Red Flag

- ☐ Moves one side of his or her body little or not at all in relation to the other side (asymmetrical use: avoids using one hand, keeps one hand more closed than the other).
- ☐ Does not move by any means (does not go on all fours, does not crawl).
- ☐ Does not react to the call of his or her first name or nickname (does not turn around or react).
- ☐ Seems not to hear well.
- ☐ Seems to see poorly.
- ☐ Loses a skill he or she had already acquired (regression).

Physical Exam (Use corrected age if born preterm)

Weight: _____ Length: _____ Perc: _____ HC: _____ Perc: _____ Perc W/L: _____
Perc: _____

General appearance: _____

☐ Fontanelles, sutures

☐ Red reflex

☐ Corneal light reflex

☐ Ocular tracking

☐ Cover-uncover test

☐ ENT _____

Eardrums: _____

☐ Teeth? _____

☐ Heart

☐ Lungs

☐ Abdomen

☐ Limbs

☐ Hips: symmetrical abduction

☐ Anus

☐ Skin: _____

Unexplained lesions?: _____

☐ External genital organs: hydrocele (?) (σ)

Testes palpable? (?) (σ)

MOTRICITY

☐ Able to remain standing unassisted

☐ Walks alone or with help

☐ Crawls on all fours

REFLEXES

☐ Symmetric parachute reflex

☐ Deep tendon reflex (present, symmetrical)



WARNING SIGNS OF CEREBRAL PALSY: WHAT TO LOOK FOR

- ☐ Systematic preference for a specific hand
- ☐ 1 or 2 fists systematically tightened
- ☐ Persistent difficulty controlling the head
- ☐ Persistent asymmetry of posture and movement
- ☐ Inability to sit without support
- ☐ Stiffness-tension in legs (can't bring toes to mouth)
- ☐ Vigilance and follow-up: persistence of Moro reflex?

Observations

Promotion of Healthy Lifestyles and Preventive Advices

☐ Encourage breastfeeding

☐ Avoid exposure to screens before 2 years old (TV, tablet, cell phone)

☐ Tooth brushing with rice grain of fluoride toothpaste 2 times per day, visit to dentist

☐ No bottle in bed

☐ Safety (burns, bath, electrical outlets, sun protection and seasonal protection, elbow dislocation, choking, poisoning and toxic plants)

☐ Stimulation in daycare

☐ Proper playing postures

Impressions and Plan

Impressions

☐ Physical health: _____

☐ Growth: _____

☐ Development: _____

☐ Other impression(s): _____

Plan

Refer to Tasiurtigiit program if any of the developmental items have not been met or if developmental difficulties or delays are suspected

Refer to physiotherapy if suspected plagiocephalia (through Tasiurtigiit program)

Suggest parents to participate in SIPPE (Ilagiil-luta) activities if available in the village

General conduct

Immunization:

Refused ☐ Postponed ☐

☐ Meningococcal A, C, Y, W₁₃₅ vaccine (*)

☐ Meningococcal B vaccine (*)

☐ Results HBsAg and Anti-HBs dosage results (surrogate mother's baby if not done) (*)

☐ Regular visits to the dentist

☐ Blood lead test? (*)

☐ FSC, ferritin if not done at 9 months old or if worries (*)

☐ Nirsevimab (1 dose per viral season, verify eligibility) (*)

Vaccination according to the Nunavik vaccination schedule

☐ Fill in the form AS-624

☐ Fill SIPIIM

Signature : _____ Next appointment: _____