

## 2 years follow-up

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

Accompanied by: \_\_\_\_\_

### Parental Concerns

\_\_\_\_\_  
\_\_\_\_\_

### Life Context

- ☐ Attending daycare?: \_\_\_\_\_ ☐ Current family and friends support?: \_\_\_\_\_ ☐ Food insecurity?: \_\_\_\_\_
- ☐ Stressors (separation, grief, substance abuse or mental health conditions?): \_\_\_\_\_
- ☐ Other \_\_\_\_\_

### Health Monitoring

- ☐ Number of ear infections 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:** \_\_\_\_\_
- ☐ Water offered during meals?: \_\_\_\_\_
- ☐ Cow's milk 2% or enriched soy milk (max 16 oz. or 500 ml/day)? \_\_\_\_\_
- ☐ Other types of milk?: \_\_\_\_\_
- ☐ Still drinking from the bottle? ☐ Drinks from glass
- ☐ **Drinks juice? (avoid)**
- ☐ *Vitamin D: 400 IU/day supplement*

- ☐ Other supplements/natural products? \_\_\_\_\_
- ☐ Varied diet?: \_\_\_\_\_
- ☐ Autonomy?: \_\_\_\_\_

#### Guidance

- ☐ Variations in appetite (small portions, quality)
- ☐ Use of utensils
- ☐ Avoid small hard pieces of food/supervision

Is exposed to screens (nbr min/d)? \_\_\_\_\_

### Development

#### Cognitive

- ☐ Reproduces a circular scribble
- ☐ Imitates an action or behavior observed earlier (delayed imitation).
- ☐ Pretend play: uses toys to reproduce some actions of daily life (e.g.: pretend to hunt, to prepare a meal).
- ☐ Understands the meaning of "again".
- ☐ Can stack at least 4 objects (e.g.: small rocks or pieces of wood to make a miniature camp)

#### Physical and Motor

- ☐ Runs and stops without bumping into objects or falling.
- ☐ Carries a large object while walking (e.g., a balloon).
- ☐ Eats with a spoon or fork independently; needs help occasionally to finish a meal.
- ☐ Takes off some articles of clothing without help (socks, shoes if loose, hat).

#### Language

- ☐ Peak 2 elements in a basic category on request (cloths (nasak, paluk, kamik, amautiq), body parts, animals, every day objects)
- ☐ Responds to verbal instructions involving one or two items without the support of gestures or images (e.g., "Put the toy on the table", "Go get your coat and hat").
- ☐ Makes requests using words (with or without gestures).
- ☐ Begin to use words with 1 to 3 chunks (e.g. iglu + mi)

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\_\_\_\_\_  
\_\_\_\_\_

## Development Surveillance

### Social and Emotional

- ☐ Plays with other children (mainly parallel play).
- ☐ Plays and actively explores his/her environment, at a distance from the adult.
- ☐ Demonstrates several types of emotions (e.g., is he sometimes embarrassed, proud, ashamed, happy, angry?).
- ☐ Likes to do tasks independently.
- ☐ Asserts himself/herself by expressing disagreement (e.g., "Don't want to" [ruma-nggi (t)]).
- ☐ Seeks help from the adult.

### Red Flags

- ☐ Stays angry longer than other children of the same age (hits, screams, breaks objects, bites)
- ☐ Moves one side of his 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).
- ☐ Cannot walk unaided. ☐ Always walks on tiptoes.
- ☐ Does not look at the person when talking to him/her (lack of eye contact).
- ☐ Does not show any interest in the adults or children around him/her.
- ☐ Does not point with a finger to ask or show.
- ☐ Seems not to hear well.
- ☐ Seems not to see well.
- ☐ Loses a skill he or she has already learned (regression).

## Physical Exam

Weight: \_\_\_\_\_ Perc: \_\_\_\_\_ Height: \_\_\_\_\_ Perc: \_\_\_\_\_ BMI: \_\_\_\_\_ Perc: \_\_\_\_\_

General appearance: \_\_\_\_\_

\*\*\*Remember to look for active tuberculosis if there is a delay in height and weight

- ☐ Red reflex
- ☐ Corneal light reflex
- ☐ Covered/uncovered test
- ☐ Ocular tracing

- ☐ ENT
- ☐ Eardrums: \_\_\_\_\_
- ☐ Teeth (cavities?): \_\_\_\_\_
- ☐ Heart
- ☐ Lungs

- ☐ Abdomen
- ☐ External genital organs
- ☐ Skin: \_\_\_\_\_
- Unexplained lesions?: \_\_\_\_\_
- ☐ Gait: \_\_\_\_\_

### Observations

## Promotion of Healthy Lifestyles and Preventive Advices

- ☐ Encourage weaning from pacifier
- ☐ **Avoid juice, offer water instead**
- ☐ **Offer a variety of foods from the 3 food groups: vegetables and fruits, whole grain products and protein foods including  $\geq 2$  rich-iron foods**
- ☐ **Promote healthy eating behaviours: involve children in preparing meals and snacks, encourage family meals**
- ☐ **Recommend tooth brushing 2 times a day with fluoride toothpaste (the size of a grain of rice)**
- ☐ **Limited screen time (maximum 1 hour/d) shared with caregiver**
- ☐ Promoting a traditional and varied diet
- ☐ Encourage a smoke-free environment
- ☐ Safety (**sun protection** and seasonal protection, choking, poisoning, drowning, supervision outdoors, dog bites)
- ☐ Encourage a good playing posture on the ground
- ☐ **Immunization: support for reluctant parents**
- ☐ Prevention of sexual abuse
- ☐ Parenting skills: refer to Inunnguiniq Child Dev't Pamphlets 24-36 months
- ☐ CBC, ferritin if at risk (\*)
- ☐ Blood lead test? (\*)

## 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 audiology if language delay or parental concerns about hearing

Suggest parents to participate in SIPPE (Ilagiilluta) activities if available in the village

### General conduct

#### Immunization:

Refused ☐ Postponed ☐

- ☐ **Regular visits to the dentist (in priority if cavities)**
- ☐ Lipid profile? (\*)
- ☐ Referral if overweight or obesity
- ☐ Blood lead test? (\*)

Signature : \_\_\_\_\_ Next appointment: \_\_\_\_\_