



How To Get More Out Of Your Pediatric Well Child Appointment

- Bring in written questions
- Look at websites like MDCConsult, WebMD, etc to get information about normal developmental milestones.

How the visit is structured (typically) for 0-3 years of age:

Measure height/weight/head circumference.

Identify any parent concerns-CRITICAL with modern-day time constraints.

Look at feeding/voiding/stooling patterns.

Past medical problems (term or preterm, hospitalized, recurrent otitis, allergy/asthma, reflux).

Medications (please know what they are and their doses).

Family history-allergies/asthma/eczema (atopy).

Sense of social situation (deployment, family members in home, separation, divorce, smoking, pets, immunizations - PLEASE BRING YOUR SHOT RECORDS).

Physical Exam:

Head-plagiocephaly (flat spot or bald spot)

Eyes-red reflex/light pinpoint

Ears-often omitted for some well visits (infants <4 months old have very narrow external canals)

Throat-teeth development, sometimes tonsillar development (older kids)

Lungs-clear/wheezing/crackles/decreased air movement

Heart-murmur, femoral pulses

Abdomen-masses, kidneys, liver/spleen

Genito-urinary-males, are testes descended? Females-are there labial adhesions?

Neuro-spastic reflexes? Increased tone?

Skin-birthmarks, Mongolian spots, hemangiomas, jaundice (infants)

Great resources to answer parents' questions:

<http://www.aap.org/parents.html> (American Academy of Pediatrics website-gold standard)

<http://www.uptodate.com/patients> (Learn more about a medical condition, better understand management and treatment options, and have a better dialogue with health care providers.)

<http://children.webmd.com/guide/childrens-health-just-the-facts> (Better information for better Health)

<http://www.mybirthcare.com> (has free growth charts-you just enter the heights/weights)

Toddler Learning Center is a local state funded resource for development

950 SE Regatta Dr, Oak Harbor, WA (360) 679-1039

Some favorite books "What to expect the first year" and "What to expect the toddler years" by Eisenberg, Murkhoff, & Hathaway.

We look forward to serving you.

Sincerely,

The Pediatricians at Naval Hospital Oak Harbor