

Appendix A: Preconception Checklist

Issues to Consider in Preconception Include:

Nutrition

- | | |
|--|--|
| <input type="checkbox"/> Calcium and Vitamin D | <input type="checkbox"/> Poverty |
| <input type="checkbox"/> Folic Acid | <input type="checkbox"/> Body weight |
| <input type="checkbox"/> Iron | <input type="checkbox"/> Caffeine |
| <input type="checkbox"/> Zinc | <input type="checkbox"/> Vegetarian Considerations |
| <input type="checkbox"/> Vitamin A | <input type="checkbox"/> Herbal Products |

Substance Use

- | | |
|---|--|
| <input type="checkbox"/> Paternal and/or Maternal Tobacco Use | <input type="checkbox"/> Drug Dependency |
| <input type="checkbox"/> Alcohol Use | |

Medications

- | | |
|--|--|
| <input type="checkbox"/> Accutane | <input type="checkbox"/> Phenytoin |
| <input type="checkbox"/> ACE Inhibitors | <input type="checkbox"/> Propylthiouracil, methimazole |
| <input type="checkbox"/> Aminopterin, methotrexate | <input type="checkbox"/> Quinolones |
| <input type="checkbox"/> Carbamazepine | <input type="checkbox"/> Retinoic Acid |
| <input type="checkbox"/> Coumadin, Warfarin | <input type="checkbox"/> Tetracycline |
| <input type="checkbox"/> Daunorubicin | <input type="checkbox"/> Trimethadione |
| <input type="checkbox"/> Lithium | <input type="checkbox"/> Valporic Acid |
| <input type="checkbox"/> Metformin | |

Infections

- | | |
|--|--|
| <input type="checkbox"/> CMV | <input type="checkbox"/> Toxoplasmosis |
| <input type="checkbox"/> Human parvovirus B 19 | <input type="checkbox"/> Varicella (HSV-1) |
| <input type="checkbox"/> Rubella | |

Sexually Transmitted Diseases

- | | |
|---|---|
| <input type="checkbox"/> Chlamydia | <input type="checkbox"/> Herpes (HSV-2) |
| <input type="checkbox"/> Genital Human Papillomavirus | <input type="checkbox"/> HIV/AIDS |
| <input type="checkbox"/> Gonorrhoea | <input type="checkbox"/> Syphilis |
| <input type="checkbox"/> Hepatitis B | |

Chronic Illness

- | | |
|---|--|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Lupus |
| <input type="checkbox"/> Cardiovascular Disease | <input type="checkbox"/> Maternal PKU |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Psychiatric Illness |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Thyroid Problems |

Other Issues

- | | |
|--|---|
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Genetics | <input type="checkbox"/> Previous Outcomes |
| <input type="checkbox"/> Home and Leisure Activities | <input type="checkbox"/> Social Support |
| <input type="checkbox"/> Hot Tubs and Saunas | <input type="checkbox"/> Workplace Concerns |

For more information on preconception issues see the three preconception reports from the Best Start Resource Centre at www.beststart.org/resources/preconception/index.html

Appendix B:

Antenatal Psychosocial Health Assessment

Antenatal Psychosocial Health Assessment (ALPHA)

Antenatal psychosocial health assessment is a vital component of prenatal care. A long process has led to the development of unique assessment forms: the provider-completed and self-report ALPHA forms. These structured antenatal assessment forms are being used on P.E.I. and are recommended by Health Canada in its Family-Centred Maternity Care Guidelines. Ontario has included the ALPHA headings in its 2000 Ontario Antenatal Record, thereby giving official recognition to these important topics. The ALPHA Form has been endorsed by the following groups: the Canadian Pediatric Association, the Canadian Psychiatric Association, the College of Family Physicians of Canada, the Ontario Association of Midwives, the Ontario Medical Association, the Royal College of Physicians and Surgeons of Canada, the Society of Obstetricians and Gynecologists of Canada.

The original provider-completed ALPHA was developed so that obstetrical providers could ask and document the responses of pregnant women to 32 questions relating to maternal, family, substance use and family violence issues. The form guides providers in their assessment of antenatal factors associated with the following poor postpartum outcomes: child abuse, woman abuse, postpartum depression and couple dysfunction and physical illness

The ALPHA self-report, developed through a consensus process of the research team, reflected feedback from women in the original ALPHA pilot who indicated they wanted a written form to complete. Some providers also preferred a self-report for time efficiency. The self-report mirrors the provider form and consists of a 33 questions, either open-ended or with a five-point rating scale. If the woman reports psychosocial issues, the woman and her provider can discuss them during a prenatal visit.

Content validity of the forms was established through an extensive evidenced-based literature review and pilot testing. Further validity and reliability testing in Ontario indicates that the ALPHA does pick up more psychosocial issues. The self-report and the provider ALPHA were trialed on P.E.I. by public health nurses and family physicians and found to yield comparable amount of psychosocial data. The ALPHA Provider's Guide provides information on interventions should antenatal factors be disclosed. An ALPHA provider training video is also available. See <http://dfcm19.med.utoronto.ca/research/alpha/>

Tips on using the ALPHA Forms

- Introduce the form as part of standard prenatal care given to all women
- Complete or have the woman complete after 20 weeks gestation
- Complete the provider ALPHA in one longer visit (20 minutes) or over several prenatal visits
- Bill for counselling/psychotherapy when appropriate
- Be sensitive to different cultural norms if issues are disclosed
- Remember that associations do not imply causality
- Ask the woman to complete the self-report alone, without her partner present
- Maintain confidentiality and discuss with the woman before sharing information

Self-report published in: Midmer D, Carroll J, Bryanton J, Stewart D. From research to application: The development of an antenatal psychosocial health assessment tool. *CJPH* 2002; 93(4):291-6.

Provider version published in: Reid A, Biringer A, Carroll J, Midmer D, Wilson L, Chalmers B, Stewart D. Using the ALPHA Form in practice to assess antenatal psychosocial health. *CMAJ*, 1998; 159(6): 677-684.

Carroll J, et al, Effectiveness of the Antenatal Psychosocial Health Assessment (ALPHA)Form in detecting psychosocial health concerns: a randomized controlled trial. *CMAJ* 2005;173(3):253 -9

Antenatal Psychosocial Health Assessment (ALPHA)

Addressograph

Antenatal psychosocial problems may be associated with unfavorable postpartum outcomes. The questions on this form are suggested ways of inquiring about psychosocial health. Issues of high concern to the woman, her family or the caregiver usually indicate a need for additional supports or services. When some concerns are identified, follow-up and/or referral should be considered. Additional information can be obtained from the ALPHA Guide. **Please consider the sensitivity of this information before sharing it with other caregivers.*

ANTENATAL FACTORS	CONCERN	COMMENTS / PLAN
FAMILY FACTORS		
Social support (CA, WA, PD) How does your partner/family feel about your pregnancy? Who will be helping you when you go home with your baby?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Recent stressful life events (CA, WA, PD, PI) What life changes have you experienced this year? What changes are you planning during this pregnancy?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Couple's relationship (CD, PD, WA, CA) How would you describe your relationship with your partner? What do you think your relationship will be like after the birth?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
MATERNAL FACTORS		
Prenatal care (late onset) (WA) First prenatal visit in third trimester? (check records)	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Prenatal education (refusal or quit) (CA) What are your plans for prenatal classes?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Feelings toward pregnancy after 20 weeks (CA, WA) How did you feel when you just found out you were pregnant? How do you feel about it now?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Relationship with parents in childhood (CA) How did you get along with your parents? Did you feel loved by your parents?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Self esteem (CA, WA) What concerns do you have about becoming/being a mother?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
History of psychiatric/emotional problems (CA, WA, PD) Have you ever had emotional problems? Have you ever seen a psychiatrist or therapist?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Depression in this pregnancy (PD) How has your mood been during this pregnancy?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	

ASSOCIATED POSTPARTUM OUTCOMES

The antenatal factors in the left column have been shown to be associated with the postpartum outcomes listed below. ***Bold, Italics*** indicates *good* evidence of association. Regular text indicates fair evidence of association.

CA – Child Abuse CD – Couple Dysfunction PI – Physical Illness

PD – Postpartum Depression WA – Woman Abuse

ANTENATAL FACTORS	CONCERN	COMMENTS / PLAN
SUBSTANCE USE		
Alcohol/drug abuse (WA, CA) (1 drink=1½ oz liquor, 12 oz beer, 5 oz wine) How many drinks of alcohol do you have per week? Are there times when you drink more than that? Do you or your partner use recreational drugs? Do you or your partner have a problem with alcohol or drugs? Consider CAGE (Cut down, Annoyed, Guilty, Eye opener)	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
FAMILY VIOLENCE		
Woman or partner experienced or witnessed abuse (physical, emotional, sexual) (CA, WA) What was your parents' relationship like? Did your father ever scare or hurt your mother? Did your parents ever scare or hurt you? Were you ever sexually abused as a child?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Current or past woman abuse (WA, CA, PD) How do you and your partner solve arguments? Do you ever feel frightened by what your partner says or does? Have you ever been hit/pushed/slapped by a partner? Has your partner ever humiliated you or psychologically abused you in other ways? Have you ever been forced to have sex against your will?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Previous child abuse by woman or partner (CA) Do you/your partner have children not living with you? If so, why? Have you ever had involvement with a child protection agency (ie. Children's Aid Society)?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	
Child discipline (CA) How were you disciplined as a child? How do you think you will discipline your child? How do you deal with your kids at home when they misbehave?	<input type="checkbox"/> Low <input type="checkbox"/> Some <input type="checkbox"/> High	

FOLLOW UP PLAN

- | | | |
|---|--|---|
| <input type="checkbox"/> Supportive counselling by provider | <input type="checkbox"/> Homecare | <input type="checkbox"/> Legal advice |
| <input type="checkbox"/> Additional prenatal appointments | <input type="checkbox"/> Parenting classes / parents' support group | <input type="checkbox"/> Children's Aid Society |
| <input type="checkbox"/> Additional postpartum appointments | <input type="checkbox"/> Addiction treatment programs | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Additional well baby visits | <input type="checkbox"/> Smoking cessation resources | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Public Health referral | <input type="checkbox"/> Social Worker | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Prenatal education services | <input type="checkbox"/> Psychologist / Psychiatrist | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Nutritionist | <input type="checkbox"/> Psychotherapist / marital / family therapist | |
| <input type="checkbox"/> Community resources / mothers' group | <input type="checkbox"/> Assaulted women's helpline / shelter / counseling | |

COMMENTS:

Date Completed _____

Signature _____

THE ALPHA SELF-REPORT QUESTIONNAIRE FOR WOMEN

Name _____ Date _____ Months Pregnant _____

Having a baby usually means changes in your family life. You may wish to discuss some of these topics with your healthcare provider. She/he may help you with these changes. Please answer the questions the best way you can. Your answers are confidential and will be kept private.

Please answer the questions by circling a number on the scale, writing an answer in the space, or marking "yes" or "no". If some of the questions do not apply to you, please circle N/A (not applicable).

YOUR FAMILY LIFE Please answer the following questions about your family life.

Family Factors

- | | | | | | | | |
|--|--------------|---|---|---|---|---|--------------|
| 1. About this pregnancy, my partner feels | very happy | 1 | 2 | 3 | 4 | 5 | very unhappy |
| 2. About this pregnancy, my family feels | very happy | 1 | 2 | 3 | 4 | 5 | very unhappy |
| 3. I feel supported in this pregnancy | very much | 1 | 2 | 3 | 4 | 5 | not at all |
| 4. My partner will be involved with the baby | a great deal | 1 | 2 | 3 | 4 | 5 | not at all |
| 5. When I am home with the baby I will have help from (state relationship) | | | | | | | |

Comments: _____

Recent Life Stresses (moving, job change or loss, family illness or death, money troubles, and so on)

- | | | | | | | | |
|---|--|------------------------|---|---|---|---|----------------|
| 6. Over the past year, my life has been | very relaxed | 1 | 2 | 3 | 4 | 5 | very stressful |
| 7. I am making life changes during this pregnancy | <input type="checkbox"/> No <input type="checkbox"/> Yes | If yes, describe _____ | | | | | |

Comments: _____

Relationship With Partner (if this applies)

- | | | | | | | | |
|---|------------|---|---|---|---|---|--------------|
| 8. My relationship with my partner is usually | very happy | 1 | 2 | 3 | 4 | 5 | very unhappy |
| 9. After the baby, I expect my partner and I will get along | very well | 1 | 2 | 3 | 4 | 5 | not at all |

Comments: _____

YOUR OWN LIFE Please answer the following questions about your own life and feelings.

10. In this pregnancy, I first came for care when I was _____ months pregnant. This is my _____ 1st _____ 2nd _____ 3rd _____ (indicate number) child.

11. I am planning to take prenatal classes Yes No Reasons, if no, _____

Comments: _____

Feelings About Being Pregnant

- | | | | | | | | |
|---|------------|---|---|---|---|---|--------------|
| 12. My feelings about this pregnancy at first | very happy | 1 | 2 | 3 | 4 | 5 | very unhappy |
| 13. My feelings about this pregnancy now | very happy | 1 | 2 | 3 | 4 | 5 | very unhappy |

Comments: _____

Relationship With Parents

- | | | | | | | | |
|---|-----------|---|---|---|---|---|----------------|
| 14. When I was a child, I got along with my parent(s) | very much | 1 | 2 | 3 | 4 | 5 | not at all |
| 15. As a young child I felt loved by my mother | very much | 1 | 2 | 3 | 4 | 5 | not at all N/A |
| 16. As a young child I felt loved by my father | very much | 1 | 2 | 3 | 4 | 5 | not at all N/A |

Comments: _____

Feelings About Becoming/Being a Mother

- | | | | | | | | |
|---|-------------|---|---|---|---|---|-----------|
| 17. I have concerns about becoming/being a mother | none at all | 1 | 2 | 3 | 4 | 5 | very many |
|---|-------------|---|---|---|---|---|-----------|

Comments: _____

Emotional Health

- | | | | | | | | |
|---|--|---|---|---|---|---|----------|
| 18. I have had some emotional problems | <input type="checkbox"/> No <input type="checkbox"/> Yes | | | | | | |
| 19. I have seen a psychiatrist/therapist | <input type="checkbox"/> No <input type="checkbox"/> Yes | | | | | | |
| 20. In this pregnancy, my mood has been usually | happy/up | 1 | 2 | 3 | 4 | 5 | sad/down |

Comments: _____

CONCERNS IN YOUR LIFE Please answer the following questions about stress in your life.

Alcohol and Drug Use During Pregnancy

21. Each week I drink _____ drinks. (1 drink = 1 1/2 oz liquor, 12 oz beer, 5 oz wine)
22. There are times when I drink more during the week No Yes If yes, describe _____
23. Sometimes I've felt: *A need to cut-down my drinking* No Yes *Annoyed by people criticizing my drinking* No Yes
Guilty about my drinking No Yes *A need for a drink first thing in the morning* No Yes
24. I use recreational drugs, e.g., marihuana never 1 2 3 4 5 very often
25. I have some drug problems No Yes If yes, describe _____
26. My partner uses recreational drugs, e.g., marihuana never 1 2 3 4 5 very often
27. My partner has some drug problems No Yes If yes, describe _____
- Comments: _____

Parent's Relationship (when you were a young child)

28. My parents usually got along very well 1 2 3 4 5 not at all N/A
29. My father sometimes scared or hurt my mother never 1 2 3 4 5 very often N/A
30. My parents sometimes scared or hurt me never 1 2 3 4 5 very often N/A
31. As a child I was sexually abused No Yes
- Comments: _____

Relationship With Partner (if this applies)

32. My relationship with my partner usually has no tension 1 2 3 4 5 a lot of tension N/A
33. We work out arguments with no difficulty 1 2 3 4 5 great difficulty N/A
34. I've sometimes felt scared by what my partner says or does never 1 2 3 4 5 very often N/A
35. I've been hit/pushed/slapped by a partner never 1 2 3 4 5 very often
36. I've sometimes been put down or humiliated by my partner never 1 2 3 4 5 very often N/A
37. I've been forced to have sex against my will No Yes
- Comments: _____

Raising Children

38. I have children not living with me No Yes
39. My partner has children not living with him No Yes
40. As a child, I was involved with Children's Protective Services (Children's Aid) No Yes
41. Children in my care have been involved with Children's Protective Services No Yes
- Comments: _____

42. As a child, I was harshly disciplined by parents/family never 1 2 3 4 5 very often
43. I think spanking is necessary never 1 2 3 4 5 very often
- Comments: _____

44. Overall, how concerned are you about your emotional and family life?

not at all concerned 1 2 3 4 5 6 7 extremely concerned

45. What issues in your life are most concerning to you?

46. What help, if any, would you like?

Appendix C: Ontario Antenatal Record



Ontario Medical Association

In conjunction with the



Ontario Ministry of Health and Long-Term Care

Antenatal Record 1

Patient's Last Name		Patient's First Name	
Address – number, street name			Apt/Suite/Unit
City/Town		Province	Postal Code
Telephone - Home		Telephone - Work	Language
Date of birth <i>YYYYMM/DD</i>		Age	Occupation
OHIP No.		Patient File No.	Marital status

Partner's Last Name		Partner's First Name	
Partner's Occupation		Partner's Educational level	
Age		Ethnic or Racial backgrounds: Mother / Father	
Birth attendant		Newborn care	
Family Physician			

Allergies or Sensitivities (describe reaction details)	Medications/Herbals
--	---------------------

Pregnancy Summary				Final EDB		Dating Method	
LMP <i>YYYYMM/DD</i>	Certain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	EDB (by dates)		<input type="checkbox"/>	Dates
Cycle q _____	Regular	Yes <input type="checkbox"/>	No <input type="checkbox"/>				
Contraceptive type	Last used	<i>YYYYMM/DD</i>				<input type="checkbox"/>	T ₁ US
						<input type="checkbox"/>	T ₂ US
						<input type="checkbox"/>	ART (e.g. IVF)

Obstetrical History								Comments regarding pregnancy and birth
No.	Year	Sex M/F	Gest. age (weeks)	Birth weight	Length of labour	Place of birth	Type of delivery	

Medical History and Physical Exam (provide details in comments)				Initial Laboratory Investigations			
Current Pregnancy		Genetic History		Family History		Test	Result
1. Bleeding	Y / N	22. At risk population	Y / N	38. At risk population	Y / N	Hb	HIV
2. Nausea, vomiting	Y / N	(e.g., Ashkenazi, consanguinity, CF, sickle cell, Tay Sachs, thalassaemia)	Y / N	(e.g.: DM, DVT/PE, PIH/HT, postpartum depression, thyroid)	Y / N	MCV	<input type="checkbox"/> Counseled and test declined
3. Smoking _____cig/day	Y / N	Family history of:	Y / N	Physical Examination	Y / N	ABO	Last Pap
4. Alcohol, street drugs	Y / N	23. Developmental delay	Y / N	Ht: _____ Wt: _____	Y / N	Rh	<i>YYYYMM/DD</i>
5. Occup/Environ. risks	Y / N	24. Congenital anomalies	Y / N	BMI _____ BP _____	Y / N	Antibody Screen	GC/Chlamydia
6. Dietary restrictions	Y / N	25. Chromosomal disorders	Y / N		Y / N	Rubella immune	Urine C&S
7. Calcium adequate	Y / N	26. Genetic disorders	Y / N		Y / N	HBsAg	
8. Preconceptional folate	Y / N		Y / N		Y / N	VDRL	
						Sickle Cell	
Medical History		Infectious Disease		39. Thyroid	N / Abn	Prenatal Genetic Investigations	
9. Hypertension	Y / N	27. Varicella susceptible	Y / N	40. Chest	N / Abn	a) All ages-MSS, IPS, FTS	Result
10. Endocrine	Y / N	28. STDs / HSV / BV	Y / N	41. Breasts	N / Abn	b) Age ≥ 35 at EDB-CVS/amnio	
11. Urinary tract	Y / N	29. Tuberculosis risk	Y / N	42. Cardiovascular	N / Abn	c) If a or b declined, or twins, then MSAFP	
12. Cardiac/Pulmonary	Y / N	30. Other	Y / N	43. Abdomen	N / Abn	d) Counseled and test declined, or too late	<input type="checkbox"/>
13. Liver, hepatitis, GI	Y / N		Y / N	44. Varicosities / Extrm.	N / Abn		
14. Gynaecology/ Breast	Y / N	Psychosocial		45. External genitalia	N / Abn		
15. Hem./Immunology	Y / N	31. Poor social support	Y / N	46. Cervix, vagina	N / Abn		
16. Surgery	Y / N	32. Relationship problems	Y / N	47. Uterus	N / Abn		
17. Blood transfusion	Y / N	33. Emotional/Depression	Y / N	48. Size: _____ weeks	N / Abn		
18. Anaesthetic compl.	Y / N	34. Substance abuse	Y / N	49. Adnexae	N / Abn		
19. Psychiatric	Y / N	35. Family violence	Y / N	50. Other	N / Abn		
20. Epilepsy/ Neurological	Y / N	36. Parenting concerns	Y / N		N / Abn		
21. Other	Y / N	37. Relig. / Cultural issues	Y / N		N / Abn		

Comments

Signature	Date	Signature	Date
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A Guide to Pregnancy Assessment

In the event of maternal transfer, please photocopy the front sheet and send to referral hospital.

This assessment system is intended as a basis for planning the on-going management of the pregnancy and should reflect local resources. The risk factors or problems listed below are intended as examples only.

Healthy Pregnancy, no predictable risk:

- No pregnancy complications now or in the past
- No significant maternal medical disease
- No prior perinatal morbidity or mortality
- Fetal growth adequate

Pregnancy at risk:

The fetus/mother may be at risk. Closer observation of the pregnancy may be necessary. In addition, consultation with an appropriate specialist (obstetrician, internist, pediatrician, etc.) may also be necessary. These patients may be managed by continuing collaborative care and birth in an obstetrical unit with intermediate level nursing facilities OR they may be returned to the care of the referring provider with a suggested plan of management for the remainder of the pregnancy.

Maternal factors:

- Diabetes, White Classes B, C, or D
- Chronic hypertension
- Other significant medical illness
- Obesity (BMI ≥ 35)
- Significant tobacco, alcohol, drug use
- Severe psychosocial issues
- Family history genetic disease or congenital anomalies
- Other significant family history, esp. DVT/PE and recurrent pregnancy losses

Prior pregnancy history of:

- Preterm labour < 36 weeks
- Stillbirth or neonatal death
- Intrauterine growth restriction
- Previous uterine surgery including lower segment Cesarean section
- Cervical incompetence

Current pregnancy complicated by:

- Gestational hypertension
- Placenta previa (with or without bleeding)
- Other significant antepartum hemorrhage
- Twin pregnancy
- Gestational diabetes (White Class A)
- Abnormal fetal growth (suspected intrauterine growth restriction or large for dates)
- PROM 32-36 weeks
- Preterm labour 32-36 weeks
- Rh or atypical blood group sensitization
- Hydramnios or oligohydramnios
- Fetal malposition (breech, transverse) at 36 weeks
- Postdates ≥ 41 weeks
- Anemia not responding to Fe (Hb <100 g/l)
- _____

Pregnancy at high risk:

Pregnancies which are so complicated that the fetus and/or mother are obviously in danger. If at all possible, these patients should be transferred to a regional perinatal centre (level III) for intensive care and birth. Clearly, there are patients who deserve to be placed in this risk category (with problems such as excessive antepartum bleeding, cord prolapse, or advanced uncontrolled premature labour) who cannot be transferred safely or in time to benefit the fetus or mother.

- High order multiple gestation (triplets or greater)
- Fetal congenital anomaly
- Diabetes beyond Class D (end-organ involvement)
- Renal disease with hypertension \pm \downarrow function
- Heart disease, especially with failure
- Other significant severe medical illness
- _____
- Pregnancy < 32 weeks with:
- Preterm labour and/or premature rupture
- Gestational hypertension with adverse conditions
- Antepartum hemorrhage ongoing
- Oligohydramnios
- IUGR, $\leq 10^{\text{th}}$ %, reverse flow Doppler

Two or more risk problems can combine to produce a high pregnancy risk. Such a patient may need to be placed in a higher risk category



**Ontario
Medical
Association**

*In conjunction
with the*



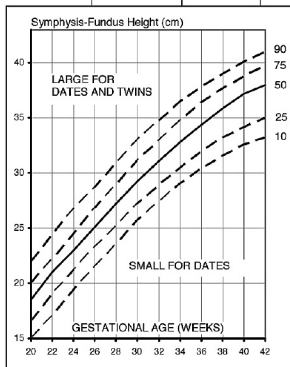
Antenatal Record 2

Patient's Last Name					Patient's First Name														
Birth attendant					Newborn care														
Family Physician					Final EDB					Allergies or Sensitivities					Medications / Herbals				
G	T	P	A	L															

Identified Risk Factors										Plan of Management									

Recommended Immunoprophylaxis																								
Rh neg. <input type="checkbox"/>					Rh IG Given: YYYY/MM/DD					Rubella booster postpartum <input type="checkbox"/>					Newborn needs: Hep B IG <input type="checkbox"/>					Hep B vaccine <input type="checkbox"/>				

Subsequent Visits									
Date	GA (weeks)	Weight.	B.P.	Urine Prot.	SFH	Pres. Posn.	FHR/ FM	Comments	
								IPS, FTS, NT best done between 11w0d and 13w6d	
								MSS best done between 15w0d and 17w6d	
								Ultrasound for fetal anatomy best done between 18 and 20 weeks	
								Antenatal 1 to L&D when final EDB known and Initial Laboratory Investigations complete	
								Arrange for Prenatal Education Classes	
								24-28 week blood work with 1 hr. GCT	
								Rh Immunoprophylaxis at 28 weeks	
								Group B Strep. screening best done between 35 and 37 weeks	
								Antenatal 2 to be sent to Labour and Delivery	
								Review Labour and Delivery plans:	
								-pain management in labour	
								-admission and discharge timing	
								-postpartum contraception	



Ultrasound			Additional Lab Investigations	
Date	GA	Result	Test	Result
		Dating scan (if done)	Hb	
		18-20 weeks for morphology	ABO/Rh	
			Repeat ABS	
			1 hr. GCT	
			2 hr. GTT	
			GBS	

Discussion Topics		
<input type="checkbox"/> Exercise	<input type="checkbox"/> Preterm labour	<input type="checkbox"/> Breastfeeding
<input type="checkbox"/> Work plan	<input type="checkbox"/> PROM	<input type="checkbox"/> Circumcision
<input type="checkbox"/> Intercourse	<input type="checkbox"/> APH	<input type="checkbox"/> Discharge planning
<input type="checkbox"/> Travel	<input type="checkbox"/> Fetal movement	<input type="checkbox"/> Car seat safety
<input type="checkbox"/> Prenatal classes	<input type="checkbox"/> Admission timing	<input type="checkbox"/> Depression
<input type="checkbox"/> Birth plans	<input type="checkbox"/> Pain management	<input type="checkbox"/> Contraception
<input type="checkbox"/> On call providers	<input type="checkbox"/> Labour support	<input type="checkbox"/> Postpartum care

Signature	Date	Signature	Date
-----------	------	-----------	------

Postnatal Visit

No of weeks postpartum	Date (YYYY/MM/DD)
------------------------	-------------------

History

Review of birth Vaginal Operative Cesarean

Baby's Health / Concerns	Baby's Name
--------------------------	-------------

Breastfeeding <input type="checkbox"/> Yes <input type="checkbox"/> No	Breastfeeding concerns
--	------------------------

Bladder function	Lochia / Menses
------------------	-----------------

Bowel function	Perineal discomfort
----------------	---------------------

Rubella immune <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Vaccinated	Smoking history
---	-----------------

Pap smear status

Physical Examination

Weight lb / kg	B.P. mm Hg
---	---

Affect	Thyroid
--------	---------

Breast exam

Abdomen

Perineum

Pelvic exam

Discussion Topics

Emotional problems / depression

Preconceptual folate to begin prior to next pregnancy

Contraception

Sexual / Relationship concerns

Social support

Family violence

Follow-up and advice re: future pregnancies and risks

Signature of physician or midwife

Appendix D: Larson Prenatal Screening Tool

Larson Prenatal Screening Tool - 3 Questions Used by Healthy Babies Healthy Children

Question	Response	Score
1. Mother's education	0 - 7 years	19
	8 - less than h.s. degree	13
	high school degree	9
	college - no degree	6
	college - degree or more	0
2. Has mother ever attended a prenatal course (3 or more attendances)?	No	6
	Yes	0
3. Mother's present smoking habit (cigarettes/day)	20	7
	16 - 20 years	6
	11 - 15 years	4
	6 - 10 years	3
	1 - 5 years	1
	0	0

NOTE: if a mother scores 13 or more she would receive a more detailed assessment. (Larson, et.al, 1987)

Appendix E: Parkyn Postpartum Screening Tool

Postpartum Tool, Healthy Babies Healthy Children (Parkyn Screen)

Mother's Name:..... Fathers Name:.....

A. Children with Congenital or acquired Health Challenge:

- | | |
|--|---|
| 1. Major (probability of permanent disability) e.g.: down's syndrome, cerebral palsy | 9 |
| 2. Moderate (correction may be possible) e.g.: cleft palate, loss of limb | 6 |

B. Development Factors:

- | | | |
|---|-----------------|---|
| 3. Low birthweight: | a) 0-1499 gm | 9 |
| | b) 1500-1999 gm | 8 |
| | c) 2000-2499 gm | 6 |
| 4. Complications of pregnancy: | | |
| a) Infections that can be transmitted in utero and may damage the fetus (e.g.: AIDS, rubella) | | 9 |
| b) Drugs (e.g.: alcohol or drug abuse diagnosed in mother) | | 9 |
| 5. Complications of labour and delivery: | | |
| a) Labour requiring mid forceps including breech delivery or emergency caesarean | | 4 |
| b) Infant trauma or illness (e.g.: convulsions, respiratory distress syndrome) | | 6 |
| c) If Apgar less than 7 at 5 min., deduct score from 10 | | — |
| 6. Family history of a genetic health challenge (e.g.: deafness, mentally challenged) | | 4 |

C. Family Interaction Factors

- | | | |
|--|-----------------|---|
| 7. Age of mother | a) 15 and under | 9 |
| | b) 16 or 17 | 8 |
| | c) 18 or 19 | 5 |
| 8. Social situation: | | |
| a) One parent family with adequate support | | 2 |
| b) One parent family - no support | | 7 |
| c) Two parent family - no social support and/or severe isolation related to culture, language or geography | | 4 |
| 9. Financial difficulties | | 3 |
| 10. No prenatal care before sixth month | | 4 |
| 11. Mental illness/mental challenge in mother and/or father: | | |
| Double score if both parents positive in a) or c) | | |
| a) Schizophrenia or bipolar affective disorder | | 7 |
| b) Postpartum depression or psychosis | | 9 |
| c) Mentally challenged parent | | 6 |
| 12. Prolonged postpartum maternal separation (5 days or more): | | |
| a) With frequent infant contacts (visits or phone as feasible) | | 2 |
| b) Little or no contact | | 6 |
| 13. Assessed lack of bonding (e.g.: minimal eye contact or touching) | | 6 |
| 14. > 3 hospitalizations in 1 year in absence of known chronic illness or condition | | 6 |
| 15. Other e.g.: marital distress, low education status, failure to thrive, parenting difficulties, family violence, prenatal class attendance, maternal smoking during pregnancy (Score 0 to 9)..... | | |

Specify reason:.....

Priority score: 9 and over = high, 6 to 8 = moderate, 3 to 5 = low, 0 to 2 = minimal **TOTAL SCORE**.....

.....
Signature Date

ADAPTED FROM PARKYN'S PRIORITY ASSESSMENT (Parkyn, 1985)

Appendix F: Newborn Screening

Newborn Screening Ontario (NSO) screens for 29 conditions:

- 20 inborn errors of metabolism
- 3 hemoglobinopathies
- 2 endocrine disorders
 - Congenital hypothyroidism
 - Congenital adrenal hyperplasia
- 3 other disorders
 - Cystic fibrosis
 - Galactosemia
 - Biotinidase deficiency
- Hearing loss (This summary does not include newborn screening for hearing loss.)

Sample Collection and Timing

- Samples are collected through heel prick onto the newborn screening card.
- Newborn screening (NBS) samples should be collected between 24 hours and 7 days after birth.
- The best time for sample collection is between 48-72 hours after birth.
- If a baby is tested before 24 hours of age, the sample should be repeated within 5 days.
- If the baby is beyond 5 days old, screening is still available. Contact NSO for details.

Special Considerations

- Prematurity
 - If <37 weeks – collect specimen at 5-7 days old.
 - Indicate this on NBS card.
 - May have false positive test results.
- Total Parenteral Nutrition (TPN)
 - Certain amino acids and organic acids will be elevated.
 - Indicate this on NBS card.
- Transfusion
 - Disorders may be missed.
 - Ideally complete card and obtain sample before transfusion.
- Early discharge
 - If prior to 24 hours, parents should be informed that a repeat sample must be done.

How likely is a positive test?

The disorders being screened are very rare. The overall prevalence of a metabolic disorder is about 1/2400. The overall specificity of NBS is about 99.7% and overall sensitivity is close to 100% for classic forms of these disorders and about 92.6% for variants. The false positive rate is about 0.33%. It is estimated that about 1/4100 newborns will benefit from screening and treatment.¹

What are the benefits and risks of NBS?

Babies born with these disorders may appear healthy at birth. The benefit of screening is that early identification may allow early treatment, decreasing or preventing consequences such as recurrent illness, developmental disability or death. Parents can be informed of the diagnosis and be counseled about the risk for future children. In the case of inborn errors of metabolism, treatment may include special formulas and diets, vitamin supplements, and avoiding fasting. Prophylactic penicillin and vaccination have been shown to be effective in reducing infections and morbidity in sickle cell disease. Frequent monitoring and increased use of appropriate medications in the management of cystic fibrosis have resulted in improved outcomes.

The risks of NBS include parental anxiety, especially in the case of false positive tests, and potentially in those healthy individuals identified as carriers or diagnosed with benign conditions. There is also the risk of unanticipated outcomes such as misattributed paternity.

It is the responsibility of primary care providers to discuss:

- NBS with expectant parents (NBS brochures are available on NSO website)
- benefits and risks of screening
- how testing is done
- timing of testing
- need for repeat sample in some situations
- difference between a screening and diagnostic test (A screening test determines if there is a high or low risk that the infant has a condition. A further diagnostic test is needed to determine with certainty if the infant has the condition.)
- possible results of screening
 - Screen negative: Results will go to the submitting health care professional/hospital. More than 99% will be negative. If you suspect that an infant or child has symptoms of a screened condition and their NBS results are negative, please refer to the appropriate specialist for evaluation as NBS does not screen for every metabolic condition.
 - Screen positive: This does not mean that the infant has the disorder. Further testing is required to confirm the diagnosis. NSO will immediately notify the regional treatment centre, which will notify the infant's healthcare provider and/or parents and arrange confirmatory testing. If the diagnosis is confirmed, the regional treatment centre will provide management and follow up.

¹ Schulze A, Lindner M, Kohlmuller D, Olgemoller K, Mayatepek E, Hoffmann GF. Expanded newborn screening for inborn errors of metabolism by electrospray ionization-tandem mass spectrometry: results outcome and implications. *Pediatrics* 2003;111:1399-1406.

Disorders Screened by Newborn Screening Ontario

Category	Disorder
Organic Acid Disorders	<ul style="list-style-type: none"> • Isovaleric acidemia (IVA) • Glutaric acidemia type 1 (GA1) • HMG-CoA lyase deficiency (HMG) • Multiple carboxylase deficiency (MCD) • Methylmalonic acidemia (MMA) • Methylmalonic acidemia (MUT, Cbl) • 3-methylcrotonyl-CoA carboxylase(3MCC) deficiency • Propionic acidemia (PA) • B-ketothiolase deficiency (BKT)
Fatty Acid Oxidation Disorders	<ul style="list-style-type: none"> • Medium-chain acyl-CoA dehydrogenase (MCAD) deficiency • Very long-chain acyl-CoA dehydrogenase deficiency (VLCAD) • Long-chain L-3-OH acyl-CoA dehydrogenase deficiency (LCHAD) • Trifunctional protein deficiency (TFP) • Carnitine uptake defect (CUD)
Amino Acid Disorders	<ul style="list-style-type: none"> • Phenylketonuria (PKU) • Maple syrup urine disease (MSUD) • Tyrosinemia type 1 (TYR 1) • Homocystinuria • Citrullinemia (CIT) • Argininosuccinic acidemia (ASA)
Hemoglobinopathies	<ul style="list-style-type: none"> • Sickle Cell Disease and variants • Other Hemoglobinopathies
Endocrine Disorders	<ul style="list-style-type: none"> • Congenital hypothyroidism (CH) • Congenital adrenal hyperplasia (CAH)
Other Disorders	<ul style="list-style-type: none"> • Cystic fibrosis (CF) • Galactosemia (GALT) • Biotinidase deficiency
Hearing Loss	<ul style="list-style-type: none"> • Hearing loss

Additional Resources:

- **Newborn Screening Ontario:** www.newbornscreening.on.ca
- **Ontario Ministry of Health:**
http://www.health.gov.on.ca/english/providers/program/child/screening/screen_sum.html
- **March of Dimes:** www.marchofdimes.com
- **Genetests:** www.genetests.org
- **National Newborn Screening & Genetics Resource Centre:**
<http://genes-r-us.uthscsa.edu/>

Author: June C Carroll MD CCFP FCFP, Sydney G. Frankfort Chair in Family Medicine, Associate Professor, Department of Family & Community Medicine, Mount Sinai Hospital, University of Toronto. April 2010.

Appendix G: Neurological Examination of the Newborn

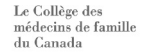
Neurological Signs	Description	Significance	Developmental change
Posture	All limbs flexed	Asymmetry or extension -hypotonia suspected	Hyperflexion past 2 months suspect spasticity
Motor Activity	Vigorous, constant motor activity alternating limb flexion and extension	Asymmetry or minimal-CNS or PNS problem	
Passive Tone *	Resistance to passive stretch	Best indicator of CNS maturation Earliest sign of neurologic dysfunction	
	<i>Upper limb:</i> Extend both upper limbs by pressing on forearms. Hold – release a brisk symmetrical flexion not forceful nor clonus	Absent or poor: Hypotonia or muscle weakness Exaggerated: spasticity	
	<i>Lower limb:</i> Hold feet and flex over abdomen then pull to extension. Hold then release. A symmetrical flexion should occur	As for upper limbs	
	<i>Scarf sign:</i> Hold baby's hand and bring to opposite shoulder: elbow should be in line with sternum	Wraps around neck may be hypotonia Resists before midline -may be spasticity	
	<i>Adductor's angle</i> – Hold knee in extension and abduct until resistance -note asymmetry – measure angle with pubis and midline 40-80 degrees	A wider angle – hypotonia. Less-spasticity	Gradually increases to 100-140 degrees by 6-9 months
	<i>Popliteal Angle</i> – Flexing of the thighs over abdomen, then gently extending the leg until resistance – measure angle between the thigh and leg and compare sides – 80-100 degrees	Early sign of spasticity -hemiplegia or diplegia	By six months – 120-140 degrees -baby can put feet in his mouth
	<i>Active neck muscle tone</i> – 1. Hold baby in sitting position allow head to extend backwards by moving his trunk back. Infant should move head to vertical axis and hold briefly. 2. Ventral extension: hold baby in prone position hold under trunk and abd. – should straighten back and redress head. Limbs in flexion	1. Headlag may indicate CNS depression or hypotonia 2. In hypotonia the infant hangs limp exaggerated spinal curve-limbs more extended, no extensor neck activity. Spasticity may show exaggerated response	<i>Landau response:</i> By 3 months more sustained straightening of head and trunk. Increasing from head downwards -response complete by 4-6 months. Now forced flexion of the head causes flexion of all the limbs. By 12 months the infant can inhibit the Landau response.

	<i>Deep tendon reflexes:</i> Biceps, knee and ankle jerks present in newborn. Up to two months knee jerk causes crossed adduction response and the ankle jerk has a few clonic beats	Responses should be brisk and symmetrical to be normal	Triceps; present after a few weeks
Developmental Primitive Reflexes		The response to a single reflex not very significant but a poor response to 2 or 3 may be important neurologically. Absence of habituation is also important.	The persistence beyond appropriate time may signify pathology They should be checked until one year
	<i>Moro Reflex:</i> Lift baby by hands to raise shoulders off the bed about 3 cm – release-extension and abduction of arms with opening of hands then smooth adduction and flexion and a cry	An asymmetrical response possible focal defect eg brachial plexus palsy. Prolongation of phases – may indicate brain damage	After three months a positive Moro response is abnormal
	<i>Palmar Grasp:</i> Slight stimulation to palm leads to strong grasp		Between three and four months, this response lessens. After this period a positive response is abnormal.
	<i>Foot Grasp:</i> Light pressure on sole of foot -flexion and grasp response in the toes		This reflex disappears after 9 months
	<i>Rooting Reflex:</i> Light stroke on corner of mouth – leads to rotation of head in the direction plus sucking movements		Response disappears after 3-4 months when awake and 7-8 months when drowsy.
	<i>Sucking Reflex:</i> Placing a finger in infant's mouth produces sustained sucking. Weaker if fed.	Absence or weak response in presence of feeding problem – may mean brain involvement	Same as rooting *Poor sucking and latch can be associated with future speech and language problems
	<i>Crossed Extension Reflex:</i> Stroke the sole of infants foot – flexion and abduction then extension and adduction and other leg crossing over the extended one.	Full response in full term infant – a test of maturity of the nervous system	Disappears after 1st month
	<i>Tonic Neck Reflex:</i> Lying on back rotate baby's head to one side – arm on same side extends and other arm flexes- rotate the other opposite way to obtain similar response.	This reflex appears at 1-2 months – important if sustained	Disappears by 7-8 months
	<i>Placing reaction:</i> Hold baby by trunk in upright – one leg touching table. Baby steps on the table then takes step with other		Response should disappear by 5-6 weeks

From: Larbrisseau, A. Neurologic Examination of the newborn,. Diagnosis, June: 69 – 79, 1986

Appendix H: Rourke Baby Record

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Revised August 2009
www.rourkebabyrecord.ca



Pregnancy/Birth remarks/Apgar:		Risk factors/Family history:		Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance						GUIDE I
				NAME: _____		Birth Day (d/m/yr): _____		M F		
				Birth Length: _____ cm		Head Circ: _____ cm		Birth Wt.: _____ g		Discharge Wt.: _____ g
DATE OF VISIT	within 1 week			2 weeks (optional)			1 month (optional)			
GROWTH*	Height	Weight	HC (avg 35 cm)	Height	Weight	Head Circ.	Height	Weight	Head Circ.	
Correct percentiles until 24-36 months if < 37 weeks gestation										
PARENTAL CONCERNS										
NUTRITION*										
<input type="checkbox"/> Breastfeeding (exclusive)* <input type="checkbox"/> Vitamin D 400 IU/day* <input type="checkbox"/> Formula Feeding (iron-fortified) [150 mL(5 oz)/kg/day*] <input type="checkbox"/> Stool pattern and urine output										
EDUCATION AND ADVICE										
<input checked="" type="checkbox"/> discussed and no concerns <input type="checkbox"/> if concerns										
Injury Prevention <input type="checkbox"/> Car seat (infant)* <input type="checkbox"/> Sleep position/bed sharing/room sharing* <input type="checkbox"/> Crib safety* <input type="checkbox"/> Firearm safety/removal* <input type="checkbox"/> Carbon monoxide/Smoke detectors* <input type="checkbox"/> Hot water <49°C* <input type="checkbox"/> Choking/safe toys*										
Behaviour and family issues <input type="checkbox"/> Sleeping/crying** <input type="checkbox"/> Soothability/responsiveness <input type="checkbox"/> High risk infants/assess home visit need** <input type="checkbox"/> Parenting/bonding <input type="checkbox"/> Parental fatigue/postpartum depression** <input type="checkbox"/> Family conflict/stress <input type="checkbox"/> Siblings										
Other Issues <input type="checkbox"/> Second hand smoke* <input type="checkbox"/> No OTC cough/cold medn* <input type="checkbox"/> Inquiry on complementary/alternative medicine* <input type="checkbox"/> Counsel on pacifier use* <input type="checkbox"/> Temperature control and overdressing <input type="checkbox"/> Sun exposure/sunscreens/insect repellent* <input type="checkbox"/> Fever advice/thermometers*										
DEVELOPMENT** (Inquiry and observation of milestones)										
Tasks are set after the time of normal milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 37 weeks gestation <input checked="" type="checkbox"/> if attained <input type="checkbox"/> if not attained										
<input type="checkbox"/> Sucks well on nipple <input type="checkbox"/> No parent/caregiver concerns										
<input type="checkbox"/> Focuses gaze <input type="checkbox"/> Startles to loud noise <input type="checkbox"/> Calms when comforted <input type="checkbox"/> Sucks well on nipple <input type="checkbox"/> No parent/caregiver concerns										
PHYSICAL EXAMINATION										
Evidence-based screening for specific conditions is highlighted, but an appropriate age-specific focused physical examination is recommended at each visit. <input checked="" type="checkbox"/> if normal <input type="checkbox"/> if abnormal										
<input type="checkbox"/> Skin (jaundice, dry) <input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Ears (TMs) Hearing inquiry/screening* <input type="checkbox"/> Heart/Lungs <input type="checkbox"/> Umbilicus <input type="checkbox"/> Femoral pulses <input type="checkbox"/> Hips* <input type="checkbox"/> Muscle tone* <input type="checkbox"/> Testicles <input type="checkbox"/> Male urinary stream/foreskin care										
<input type="checkbox"/> Skin (jaundice) <input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Heart <input type="checkbox"/> Hips* <input type="checkbox"/> Muscle tone*										
PROBLEMS AND PLANS										
<input type="checkbox"/> PKU, Thyroid <input type="checkbox"/> Hemoglobinopathy screen (if at risk)*										
IMMUNIZATION										
Provincial guidelines vary Record on Guide V: Immunization Record If HBsAg-positive parent or sibling: <input type="checkbox"/> Hepatitis B vaccine										
Signature				Signature			Signature			

Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: **Good (bold type)**; *Fair (italic type)*; Consensus (plain type).
 (*) see Infant/Child Health Maintenance Selected Guidelines on reverse of Guide I (**) see Healthy Child Development Selected Guidelines on reverse of Guide IV

Disclaimer: Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only.

Financial support has been provided by the Government of Ontario, with funds administered by the Ontario College of Family Physicians.

<p>GROWTH</p> <ul style="list-style-type: none"> • Important: Corrected age should be used at least until 24 to 36 months of age for premature infants born at <37 wks gestation. • Measuring growth - The growth of all full term infants, both breastfed and non breastfed, and preschoolers should be evaluated using growth charts from the 2006 World Health Organization Child Growth Standards (birth to 5 years) with measurement of recumbent length (birth to 2-3 years) or standing height (\geq 2 years), weight, and head circumference (birth to 2 years). www.who.int/childgrowth/standards/en/ 	<p>OTHER</p> <ul style="list-style-type: none"> • Second-hand smoke exposure: contributes to childhood illnesses such as URTI, middle ear effusion, persistent cough, pneumonia, asthma, and SIDS. • Advise parents against using OTC cough/cold medications. - http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2008/2008_184-eng.php • Complementary and alternative medicine (CAM): Questions should be routinely asked on the use of homeopathy and other complementary and alternative medicine therapy or products, especially for children with chronic conditions. - www.cps.ca/english/statements/DT/DT05-01.htm - Homeopathy - www.cps.ca/english/statements/CP/cp05-01.htm • Pacifier use may decrease risk of SIDS and should not be discouraged in the 1st year of life after breastfeeding is well established, but should be restricted in children with chronic/recurrent otitis media. - www.cps.ca/english/statements/CP/cp03-01.htm • Fever advice/thermometers: Fever \geq 38°C in an infant < 3 months needs urgent evaluation. Ibuprofen and acetaminophen are both effective antipyretics. Acetaminophen remains the first choice for antipyresis under 6 months of age; thereafter ibuprofen or acetaminophen may be used. Alternating acetaminophen with ibuprofen for fever control is not recommended in primary care settings as this may encourage fever phobia, and the potential risks of medication error outweigh measurable clinical benefit. - Temperature measurement - www.cps.ca/english/statements/CP/cp00-01.htm • Footwear: Shoes are for protection, not correction. Walking barefoot develops good toe gripping and muscular strength - http://www.cps.ca/english/statements/CP/FootwearChildren.htm • Healthy Active Living: Encourage increased physical activity and decreased sedentary pastimes with parents as role models. - www.cps.ca/english/statements/HAL/HAL02-01.htm - Media use - www.cps.ca/english/statements/PP/pp03-01.htm • Sun exposure/sunscreens/insect repellents: Minimize sun exposure. Wear protective clothing, hats, properly applied sunscreen with SPF \geq 30 for those > 6 months of age. No DEET in < 6 months; 6-24 months 10% DEET apply max once daily; 2 - 12 yrs 10% DEET apply max TID. • Pesticides: Avoid pesticide exposure. Encourage pesticide-free foods. - http://www.ocfp.on.ca/local/files/Communications/Current%20Issues/Pesticides/Final%20Paper%2023APR2004.pdf • Lead Screening is recommended for children who: - in the last 6 months lived in a house or apartment built before 1950; - live in a home with recent or ongoing renovations or peeling or chipped paint. - have a sibling, housemate, or playmate with a prior history of lead poisoning; - have been seen eating paint chips. Even for blood levels less than 10ug/dL, evidence suggests an association, and perhaps partial causal relationship with lower cognitive function in children. http://www.pulsus.com/journals/toc.jsp?CurrPg=journal&jsky=5&isuky=444 • Websites about environmental issues: - CPCH - www.healthyenvironmentforkids.ca/ - Health and housing - www.cmhc-schl.gc.ca/en/inpr/bude/heho/index.cfm - Environmental health section of CDC - www.cdc.gov/node.do?id/0900f3ec8000e044 - Commission for Environmental Cooperation - www.cec.org/children 																																						
<p>NUTRITION</p> <ul style="list-style-type: none"> • Pediatric nutrition guidelines – Nutrition for Healthy Term Infants - www.hc-sc.gc.ca/fn-an/pubs/infant-nourrisson/nut_infant_nourrisson_term_e.html - http://www.ospph.on.ca/pdfs/ImprovingOddsJune-08.pdf • Breastfeeding: Exclusive breastfeeding is recommended for the first six months of life for healthy term infants. Breast milk is the optimal food for infants, and breastfeeding (with complementary foods) may continue for up to two years and beyond unless contraindicated. Breastfeeding reduces gastrointestinal and respiratory infections. Maternal support (both antepartum and postpartum) increases breastfeeding and prolongs its duration. Early and frequent mother-infant contact, rooming in, and banning handouts of free infant formula increase breastfeeding rates. • Routine Vitamin D supplementation of 400 IU/day (800 IU/day in northern communities) is recommended for all breastfed full term infants until the diet provides a sufficient source of Vitamin D (~ 1 year of age). Formula may only supply a portion of the recommended daily vitamin D intake if less than 1000 mL (33 oz) is consumed daily. - Breastfeeding - www.cps.ca/english/statements/N/BreastfeedingMar05.htm - Weaning - www.cps.ca/english/statements/CP/cp04-01.htm - Vitamin D - www.cps.ca/english/statements/fi/fim07-01.htm - Colic - www.cps.ca/english/statements/N/NutritionNoteSept03.htm - Ankyloglossia and breastfeeding - www.cps.ca/english/statements/CP/cp02-02.htm - Maternal medications when breastfeeding - Medications and Mothers' Milk, T. Hale (2008) - www.motherisk.org • Milk consumption range is consensus only & is provided as an approximate guide. • Soy-based formula is not recommended for routine use in term infants as an equivalent alternative to cow's milk formula, or for cow milk protein allergy, and is contraindicated for preterm infants. www.cps.ca/english/statements/N/InfantSoyConcern.htm • Transition to lower fat diet: A gradual transition from the high-fat infant diet to a lower-fat diet begins after age 2 years as per Canada's Food Guide. • Encourage a healthy diet as per Canada's Food Guide - www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html 	<p>Dental Care:</p> <ul style="list-style-type: none"> • Dental Cleaning: Fluoridated toothpaste should be used twice per day with a minimum amount of water used to rinse the mouth after brushing. As excessive swallowing of toothpaste by young children may result in dental fluorosis, children under 6 years of age should be supervised during brushing and only use a small amount (e.g. pea-sized portion) of toothpaste. Children under 3 years of age should have their teeth brushed by an adult using only a smear of toothpaste. - Fluoride supplements are not recommended under 6 yrs of age unless the child is considered at high risk for dental caries. www.cda-adc.ca/_files/position_statements/fluorides.pdf - To prevent early childhood caries: avoid sweetened liquids and constant sipping of milk or natural juices in both bottle and cup. 																																						
<p>INJURY PREVENTION: In Canada, unintentional injuries are the leading cause of death in children and youth. Most of these preventable injuries are caused by motor vehicle collisions, drowning, choking, burns, poisoning, and falls.</p> <ul style="list-style-type: none"> • Transportation in motor vehicles: www.cps.ca/english/statements/IP/IP08-01.htm http://www.safekidscanada.ca/SKCPublicPolicyAdvocacy/custom/BoosterSeatLegislationChart.pdf Children < 13 years should sit in the rear seat. Keep children away from all airbags. Install and follow size recommendations as per specific car seat model and keep child in each stage as long as possible. Use rear-facing infant seat until at least 1 year of age AND 10 kg (22 lb). Use forward-facing child seat from at least 1 year of age AND 10 - 22 kg (22 - 48 lb) and up to 122 cm (48"). Maximum ht/wt may vary with car seat model. Use booster seat from at least 18 - 36 kg (40 - 80 lb) and up to 145 cm (4'9"). Use lap and shoulder belt in the rear seat for older children over 8 yrs who are at least 36 kg (80 lb) and 145 cm (4'9") and fit vehicle restraint system. • Bicycle: wear bike helmets. Replace if heavy impact or sign of damage. • Drowning: www.cps.ca/english/statements/IP/IP03-01.htm - Bath safety: Never leave a young child alone in the bath. Do not use infant bath rings or bath seats. - Water safety: Recommend adult supervision, training for adults, 4-sided pool fencing, lifejackets, swimming lessons, and boating safety to decrease the risk of drowning. • Choking: Avoid hard, small and round, smooth and sticky solid foods until age 3 years. Use safe toys, follow minimum age recommendations, and remove loose parts and broken toys. • Burns: Install smoke detectors in the home on every level. Keep hot water at a temperature < 49°C. • Poisons: Keep medicines and cleaners locked up and out of child's reach. Have Poison Control Centre number handy. Use of <i>ipeca</i> is contraindicated in children. • Falls: Assess home for hazards- never leave baby alone on change table or other high surface; use window guards and stair gates. Baby walkers are banned in Canada and should never be used. Advise against trampolines use at home. www.cps.ca/english/statements/IP/IP07-01.htm • Safe sleeping environment: www.cps.ca/english/statements/CP/cp04-02.htm - Sleep position and SIDS/Positional plagiocephaly: Healthy infants should be positioned on their backs for sleep. Their heads should be placed in different positions on alternate days. While awake, infants should have supervised tummy time. Counsel parents on the dangers of other contributory causes of SIDS such as overheating, maternal smoking or second-hand smoke. - Bed sharing: Advise against bed sharing. - Room sharing: Encourage putting infant in a crib that meets current Canadian safety regulations in parents' room for the first 6 months of life. Room sharing is protective against SIDS. • Firearm safety/removal: There is evidence-based association between a firearm in the home and increased risk of unintentional firearm injury, suicide, or homicide. <p>For more safety information: www.safekidscanada.ca www.cps.ca/english/publications/InjuryPrevention.htm</p>	<p>PHYSICAL EXAMINATION</p> <ul style="list-style-type: none"> • Vision screening: www.cps.ca/english/statements/cp/cp09-02.htm - Check Red Reflex for serious ocular diseases such as retinoblastoma and cataracts. - Corneal light reflex/cover-uncover test & inquiry for strabismus: With the child focusing on a light source, the light reflex on the cornea should be symmetrical. Each eye is then covered in turn, for 2 - 3 seconds, and then quickly uncovered. The test is abnormal if the uncovered eye "wanders" OR if the covered eye moves when uncovered. • Hearing screening/inquiry - Universal newborn hearing screening (UNHS) effectively identifies infants with congenital hearing loss & allows for early intervention. Any parental concerns about hearing acuity or language delay should prompt a rapid referral for hearing assessment. Formal audiology testing should be performed in all high-risk infants, including those with normal UNHS. Older children should be screened if clinically indicated. http://pediatrics.aappublications.org/cgi/reprint/122/1/e266 • Muscle tone - Physical assessment for spasticity, rigidity, and hypotonia should be performed. • Hips - There is insufficient evidence to recommend routine screening for developmental dysplasia of the hips, but examination of the hips should be included in the periodic health exam. http://pediatrics.aappublications.org/cgi/reprint/117/3/898 • Adenotonsillar hypertrophy and presence of sleep-disordered breathing warrant assessment re. obstructive sleep apnea. http://aappolicy.aappublications.org/cgi/reprint/pediatrics;109/4/704.pdf 																																						
<p>PROBLEMS AND PLANS (SCREENING)</p> <p>Anemia screening: All infants from high-risk groups for iron deficiency anemia require screening between 6 and 12 months of age, e.g. Lower SES; Asian; First Nations children; low-birth-weight infants, and infants fed whole cow's milk during their first year of life.</p> <p>Hemoglobinopathy screening: Screen all neonates from high-risk groups, e.g. Asian, African, and Mediterranean.</p>	 <table border="1" data-bbox="1266 1092 1399 1365"> <thead> <tr> <th></th> <th>FIRST TEETH</th> <th>When teeth "come in"</th> <th>When teeth "fall out"</th> </tr> </thead> <tbody> <tr> <td rowspan="4">Upper</td> <td>Central incisors</td> <td>7-12 mos</td> <td>6-8 yrs</td> </tr> <tr> <td>Lateral incisors</td> <td>9-13 mos</td> <td>7-8 yrs</td> </tr> <tr> <td>Canines</td> <td>16-22 mos</td> <td>10-12 yrs</td> </tr> <tr> <td>First molars</td> <td>13-19 mos</td> <td>9-11 yrs</td> </tr> <tr> <td rowspan="4">Lower</td> <td>Second molars</td> <td>25-33 mos</td> <td>10-12 yrs</td> </tr> <tr> <td>Second molars</td> <td>20-31 mos</td> <td>10-12 yrs</td> </tr> <tr> <td>First molars</td> <td>12-18 mos</td> <td>9-11 yrs</td> </tr> <tr> <td>Canines</td> <td>16-23 mos</td> <td>9-12 yrs</td> </tr> <tr> <td></td> <td>Lateral incisors</td> <td>7-16 mos</td> <td>7-8 yrs</td> </tr> <tr> <td></td> <td>Central incisors</td> <td>6-10 mos</td> <td>6-8 yrs</td> </tr> </tbody> </table>		FIRST TEETH	When teeth "come in"	When teeth "fall out"	Upper	Central incisors	7-12 mos	6-8 yrs	Lateral incisors	9-13 mos	7-8 yrs	Canines	16-22 mos	10-12 yrs	First molars	13-19 mos	9-11 yrs	Lower	Second molars	25-33 mos	10-12 yrs	Second molars	20-31 mos	10-12 yrs	First molars	12-18 mos	9-11 yrs	Canines	16-23 mos	9-12 yrs		Lateral incisors	7-16 mos	7-8 yrs		Central incisors	6-10 mos	6-8 yrs
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Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance **GUIDE II**

NAME: _____ Birth Day (d/m/yr): _____ M | | F | |

Past problems/Risk factors:	Family history:								
Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance GUIDE II									
NAME: _____ Birth Day (d/m/yr): _____ M F									
DATE OF VISIT	2 months			4 months			6 months		
GROWTH* Correct percentiles until 24-36 months if < 37 weeks gestation	Height	Weight	Head circ.	Height	Weight	Head Circ.	Height	Weight (x2 BW)	Head Circ.
PARENTAL CONCERNS									
NUTRITION*	<input type="checkbox"/> Breastfeeding (exclusive)* <input type="checkbox"/> Vitamin D 400 IU/day* <input type="checkbox"/> Formula Feeding (iron-fortified) [600-900 mL(20-30 oz)/day*]			<input type="checkbox"/> Breastfeeding (exclusive)* <input type="checkbox"/> Vitamin D 400 IU/day* <input type="checkbox"/> Formula Feeding (iron-fortified) [750-1080 mL(25-36 oz)/day*]			<input type="checkbox"/> Breastfeeding* – initial introduction of solids <input type="checkbox"/> Vitamin D 400 IU/day* <input type="checkbox"/> Formula Feeding – iron-fortified [750-1080 mL(25-36 oz)/day*] <input type="checkbox"/> No bottles in bed <input type="checkbox"/> Avoid sweetened liquids <input type="checkbox"/> Iron containing foods (cereals, meat, egg yolk, tofu) <input type="checkbox"/> Fruits and vegetables to follow <input type="checkbox"/> No egg white, nut products, or honey <input type="checkbox"/> Choking/safe food*		
EDUCATION AND ADVICE <input checked="" type="checkbox"/> discussed and no concerns <input type="checkbox"/> if concerns	<p>Injury Prevention</p> <input type="checkbox"/> Car seat (infant)* <input type="checkbox"/> Sleep position/bed sharing/room-sharing/crib safety <input type="checkbox"/> Electric plugs/cords <input type="checkbox"/> Carbon monoxide/Smoke detectors* <input type="checkbox"/> Falls (stairs, walkers, change table)* <p>Behaviour and family issues</p> <input type="checkbox"/> Sleeping/crying/Night waking** <input type="checkbox"/> Soothability/responsiveness <input type="checkbox"/> Parenting/bonding <input type="checkbox"/> Parental fatigue/postpartum depression** <p>Other Issues</p> <input type="checkbox"/> Second hand smoke* <input type="checkbox"/> Teething/Dental cleaning/Fluoride* <input type="checkbox"/> Fever advice/thermometers* <input type="checkbox"/> Temperature control and overdressing <input type="checkbox"/> Encourage reading** <input type="checkbox"/> Sun exposure/sunscreens/insect repellent*								
DEVELOPMENT** (Inquiry and observation of milestones) Tasks are set after the time of normal milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 37 weeks gestation <input checked="" type="checkbox"/> if attained <input type="checkbox"/> if not attained	<input type="checkbox"/> Follows movement with eyes <input type="checkbox"/> Coos - throats, gurgling sounds <input type="checkbox"/> Lifts head up while lying on tummy <input type="checkbox"/> Can be comforted & calmed by touching/rocking <input type="checkbox"/> Sequences 2 or more sucks before swallowing/breathing <input type="checkbox"/> Smiles responsively <input type="checkbox"/> No parent/caregiver concerns			<input type="checkbox"/> Follows a moving toy or person with eyes <input type="checkbox"/> Responds to people with excitement (leg movement/panting/vocalizing) <input type="checkbox"/> Holds head steady when supported at the chest or waist in a sitting position <input type="checkbox"/> Holds an object briefly when placed in hand <input type="checkbox"/> Laughs/smiles responsively <input type="checkbox"/> No parent/caregiver concerns			<input type="checkbox"/> Turns head toward sounds <input type="checkbox"/> Makes sounds while you talk to him/her <input type="checkbox"/> Vocalizes pleasure and displeasure <input type="checkbox"/> Rolls from back to side <input type="checkbox"/> Sits with support (e.g. pillows) <input type="checkbox"/> Reaches/grasps objects <input type="checkbox"/> No parent/caregiver concerns		
PHYSICAL EXAMINATION Evidence-based screening for specific conditions is highlighted, but an appropriate age-specific focused physical examination is recommended at each visit. <input checked="" type="checkbox"/> if normal <input type="checkbox"/> if abnormal	<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Heart <input type="checkbox"/> Hips* <input type="checkbox"/> Muscle tone*			<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Hips* <input type="checkbox"/> Muscle tone*			<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex/Cover-uncover test & inquiry** <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Hips* <input type="checkbox"/> Muscle tone*		
PROBLEMS AND PLANS							<input type="checkbox"/> Inquire about risk factors for TB		
IMMUNIZATION Provincial guidelines vary	Record on Guide V: Immunization Record			Record on Guide V: Immunization Record			Record on Guide V: Immunization Record If HBsAg-positive parent or sibling: <input type="checkbox"/> Hepatitis B vaccine		
	Signature			Signature			Signature		

Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: **Good (bold type); Fair (italic type); Consensus (plain type).**
 (*) see Infant/Child Health Maintenance Selected Guidelines on reverse of Guide I (**) see Healthy Child Development Selected Guidelines on reverse of Guide IV

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Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance GUIDE III

NAME: _____ Birth Day (d/m/yr): _____ M | | F | |

Past problems/Risk factors:	Family history:								
DATE OF VISIT	9 months (optional)			12-13 months			15 months (optional)		
GROWTH* Correct percentiles until 24-36 months if < 37 weeks gestation	Height	Weight	Head circ.	Height	Weight (x3 BW)	HC (avg 47cm)	Height	Weight	Head Circ.
PARENTAL CONCERNS									
NUTRITION*	<input type="checkbox"/> Breastfeeding*/Vitamin D 400 IU/day* <input type="checkbox"/> Formula Feeding - iron-fortified [720-960 mLs(24-32 oz) /day*] <input type="checkbox"/> No bottles in bed <input type="checkbox"/> Avoid sweetened liquids <input type="checkbox"/> Cereal, meat/alternatives, fruits, vegetables <input type="checkbox"/> 1 st introduction cow's milk products <input type="checkbox"/> No egg white, nut products, or honey <input type="checkbox"/> Choking/safe foods*			<input type="checkbox"/> Breastfeeding* <input type="checkbox"/> Homogenized milk <input type="checkbox"/> Encourage standard cup instead of bottle [500-750 mLs(16-24 oz) /day*] <input type="checkbox"/> Appetite reduced <input type="checkbox"/> Choking/safe foods*			<input type="checkbox"/> Breastfeeding* <input type="checkbox"/> Homogenized milk <input type="checkbox"/> Encourage standard cup instead of bottle [500-750 mLs(16-24 oz) /day*] <input type="checkbox"/> Choking/safe foods*		
EDUCATION AND ADVICE <input checked="" type="checkbox"/> discussed and no concerns X if concerns	<p><u>Injury Prevention</u></p> <input type="checkbox"/> Car seat (infant)* <input type="checkbox"/> Carbon monoxide/Smoke detectors* Childproofing, including: <input type="checkbox"/> Electric plugs/cords								
	<input type="checkbox"/> Poisons*; PCC#* <input type="checkbox"/> Hot water <49°C/bath safety* <input type="checkbox"/> Falls/stairs/walkers*								
	<input type="checkbox"/> Firearm safety/removal* <input type="checkbox"/> Choking/safe toys*								
	<p><u>Behaviour and family issues</u></p> <input type="checkbox"/> Sleeping/crying/Night waking** <input type="checkbox"/> Parenting** <p><u>Other Issues</u></p> <input type="checkbox"/> Second hand smoke* <input type="checkbox"/> Fever advice/thermometers* Environmental health including:								
	<input type="checkbox"/> Soothability/responsiveness <input type="checkbox"/> Parental fatigue/depression** <input type="checkbox"/> Teething/Dental cleaning/Fluoride/Dentist* <input type="checkbox"/> Active healthy living/screen time* <input type="checkbox"/> Sun exposure/sunscreens/insect repellent*								
	<input type="checkbox"/> High risk children/assess home visit need** <input type="checkbox"/> Family conflict/stress <input type="checkbox"/> Child care**/return to work <input type="checkbox"/> Complementary/alternative medicine* <input type="checkbox"/> Encourage reading** <input type="checkbox"/> Serum lead if at risk*								
	<input type="checkbox"/> No OTC cough/cold medn* <input type="checkbox"/> Pacifier use* <input type="checkbox"/> Footwear* <input type="checkbox"/> Pesticide exposure*								
DEVELOPMENT** (Inquiry and observation of milestones) Tasks are set after the time of normal milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 37 weeks gestation <input checked="" type="checkbox"/> if attained X if not attained	<input type="checkbox"/> Looks for an object seen hidden <input type="checkbox"/> Babbles a series of different sounds (eg. baba, duhduh) <input type="checkbox"/> Responds differently to different people <input type="checkbox"/> Makes sounds/gestures to get attention or help <input type="checkbox"/> Sits without support <input type="checkbox"/> Stands with support when helped into standing position <input type="checkbox"/> Opposes thumb and fingers when grasps objects <input type="checkbox"/> Plays social games with you (eg. nose touching, peek-a-boo) <input type="checkbox"/> Cries or shouts for attention <input type="checkbox"/> No parent/caregiver concerns			<input type="checkbox"/> Responds to own name <input type="checkbox"/> Understands simple requests, eg. Where is the ball? <input type="checkbox"/> Makes at least 1 consonant/vowel combination <input type="checkbox"/> Says 3 or more words (do not have to be clear) <input type="checkbox"/> Crawls or "bum" shuffles <input type="checkbox"/> Pulls to stand/walks holding on <input type="checkbox"/> Shows distress when separated from parent/caregiver <input type="checkbox"/> Follows your gaze to jointly reference an object <input type="checkbox"/> No parent/caregiver concerns			<input type="checkbox"/> Says 5 or more words (words do not have to be clear) <input type="checkbox"/> Picks up and eats finger foods <input type="checkbox"/> Walks sideways holding onto furniture <input type="checkbox"/> Shows fear of strange people/places <input type="checkbox"/> Crawls up a few stairs/steps <input type="checkbox"/> Tries to squat to pick up toys from the floor <input type="checkbox"/> No parent/caregiver concerns		
PHYSICAL EXAMINATION Evidence-based screening for specific conditions is highlighted, but an appropriate age-specific focused physical examination is recommended at each visit. <input checked="" type="checkbox"/> if normal X if abnormal	<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Hips*			<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Tonsil size/Teeth* <input type="checkbox"/> Hips*			<input type="checkbox"/> Fontanelles <input type="checkbox"/> Eyes (red reflex)* <input type="checkbox"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="checkbox"/> Hearing inquiry/screening* <input type="checkbox"/> Tonsil size/Teeth* <input type="checkbox"/> Hips*		
PROBLEMS AND PLANS	<input type="checkbox"/> Anti-HBs and HbsAG* (If HbsAg positive mother) <input type="checkbox"/> Hemoglobin (If at risk)*			<input type="checkbox"/> Hemoglobin (If at risk)*					
IMMUNIZATION Provincial guidelines vary	Record on Guide V: Immunization Record			Record on Guide V: Immunization Record			Record on Guide V: Immunization Record		
	Signature			Signature			Signature		

Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: Good (bold type); Fair (italic type); Consensus (plain type).
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Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance

GUIDE IV (Ontario)

NAME: _____ Birth Day (d/m/yr): _____ M [] F []

DATE OF VISIT	18 months			2-3 years			4-5 years	
GROWTH* Correct percentiles until 24-36 mos if < 37 weeks gestation	Height	Weight	Head circ.	Height	Weight	HC if prior abN	Height	Weight
PARENTAL CONCERNS								
NUTRITION*	<input type="radio"/> Breastfeeding* <input type="radio"/> Homogenized milk <input type="radio"/> No bottles [500-750 mLs(16-24 oz) /day*]			<input type="radio"/> 1% to 2% milk <input type="radio"/> Gradual transition to lower fat diet* <input type="radio"/> Canada's Food Guide* [~ 500 mLs(16 oz) /day*]			<input type="radio"/> 1% to 2% milk <input type="radio"/> Canada's Food Guide* [~ 500 mLs(16 oz) /day*]	
EDUCATION AND ADVICE								
Injury Prevention	<input type="radio"/> Car seat (child)* <input type="radio"/> Bath safety* <input type="radio"/> Choking/safe toys*			<input type="radio"/> Car seat (child/booster)* <input type="radio"/> Carbon monoxide/smoke detectors*			<input type="radio"/> Bike helmets* <input type="radio"/> Matches <input type="radio"/> Firearm safety/removal* <input type="radio"/> Water safety*	
Behaviour	<input type="radio"/> Parent/child interaction <input type="radio"/> Discipline/Parenting skills programs**			<input type="radio"/> Parent/child interaction <input type="radio"/> Parental fatigue/depression*			<input type="radio"/> Discipline/parenting skills programs** <input type="radio"/> Family conflict/stress <input type="radio"/> High-risk children** <input type="radio"/> Siblings	
Family	<input type="radio"/> Parental fatigue/stress/depression** <input type="radio"/> High-risk children**			<input type="radio"/> Second-hand smoke* <input type="radio"/> Complementary/alternative medicine* <input type="radio"/> Active healthy living/screen time* <input type="radio"/> Assess child care /preschool needs/school readiness*			<input type="radio"/> Dental cleaning/Fluoride/Dentist* <input type="radio"/> Toilet learning** <input type="radio"/> Socializing opportunities <input type="radio"/> No pacifiers* <input type="radio"/> No OTC cough/cold med** <input type="radio"/> Encourage reading**	
Other	<input type="radio"/> Socializing/peer play opportunities <input type="radio"/> Wean from pacifier* <input type="radio"/> Dental care/Dentist* <input type="radio"/> Toilet learning** <input type="radio"/> Encourage reading**			Environmental health including: <input type="radio"/> Sun exposure/sunscreens/insect repellent* <input type="radio"/> Pesticide exposure* <input type="radio"/> Serum lead if at risk*				
✓ discussed and no concerns X if concerns								
DEVELOPMENT* (Inquiry and observation of milestones) Tasks are set after the time of normal milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 37 weeks gestation ✓ if attained X if not attained	Enhanced inquiry after Nipissing Developmental Screen (NDDS) ** List NDDS items not yet attained: _____ Social/Emotional <input type="radio"/> Child's behaviour is usually manageable <input type="radio"/> Interested in other children <input type="radio"/> Usually easy to soothe <input type="radio"/> Comes for comfort when distressed Communication Skills <input type="radio"/> Points to several different body parts <input type="radio"/> Tries to get your attention to show you something <input type="radio"/> Turns/responds when name is called <input type="radio"/> Points to what he/she wants <input type="radio"/> Looks for toy when asked or pointed in direction <input type="radio"/> Imitates speech sounds and gestures <input type="radio"/> Says 20 or more words (words do not have to be clear) <input type="radio"/> Produces 4 consonants, e.g. B D G H N W Motor Skills <input type="radio"/> Walks alone <input type="radio"/> Feeds self with spoon with little spilling Adaptive Skills <input type="radio"/> Removes hat/socks without help <input type="radio"/> No parent/caregiver concerns			2 years <input type="radio"/> Combines 2 or more words <input type="radio"/> Understands 1 and 2 step directions <input type="radio"/> Walks backward 2 steps without support <input type="radio"/> Tries to run <input type="radio"/> Puts objects into small container <input type="radio"/> Uses toys for pretend play (eg. give doll a drink) <input type="radio"/> Continues to develop new skills <input type="radio"/> No parent/caregiver concerns			4 years <input type="radio"/> Understands 3-part directions <input type="radio"/> Asks and answers lots of questions (eg. "What are you doing?") <input type="radio"/> Walks up/down stairs alternating feet <input type="radio"/> Undoes buttons and zippers <input type="radio"/> Tries to comfort someone who is upset <input type="radio"/> No parent/caregiver concerns	
				3 years <input type="radio"/> Understands 2 and 3 step directions (eg. "Pick up your hat and shoes and put them in the closet.") <input type="radio"/> Uses sentences with 5 or more words <input type="radio"/> Walks up stairs using handrail <input type="radio"/> Twists lids off jars or turns knobs <input type="radio"/> Shares some of the time <input type="radio"/> Plays make-believe games with actions and words (eg. pretending to cook a meal, fix a car) <input type="radio"/> Turns pages one at a time <input type="radio"/> Listens to music or stories for 5 - 10 minutes <input type="radio"/> No parent/caregiver concerns			5 years <input type="radio"/> Counts out loud or on fingers to answer "How many are there?" <input type="radio"/> Speaks clearly in adult-like sentences most of the time <input type="radio"/> Throws and catches a ball <input type="radio"/> Hops on 1 foot several times <input type="radio"/> Dresses and undresses with little help <input type="radio"/> Cooperates with adult requests most of the time <input type="radio"/> Retells the sequence of a story <input type="radio"/> Separates easily from parent/caregiver <input type="radio"/> No parent/caregiver concerns	
PHYSICAL EXAMINATION Evidence-based screening for specific conditions is highlighted, but an appropriate age-specific focused physical examination is recommended at each visit. ✓ if normal X if abnormal	<input type="radio"/> Fontanelles closed <input type="radio"/> Eyes (red reflex)* <input type="radio"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="radio"/> Hearing inquiry <input type="radio"/> Tonsil size/Teeth*			<input type="radio"/> Blood pressure <input type="radio"/> Eyes (red reflex)/Visual acuity* <input type="radio"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="radio"/> Hearing inquiry <input type="radio"/> Tonsil size/Teeth*			<input type="radio"/> Blood pressure <input type="radio"/> Eyes (red reflex)/Visual acuity* <input type="radio"/> Corneal light reflex/Cover-uncover test & inquiry* <input type="radio"/> Hearing inquiry <input type="radio"/> Tonsil size/Teeth*	
PROBLEMS AND PLANS								
IMMUNIZATION Provincial guidelines vary	Record on Guide V: Immunization Record			Record on Guide V: Immunization Record			Record on Guide V: Immunization Record	
	Signature			Signature			Signature	

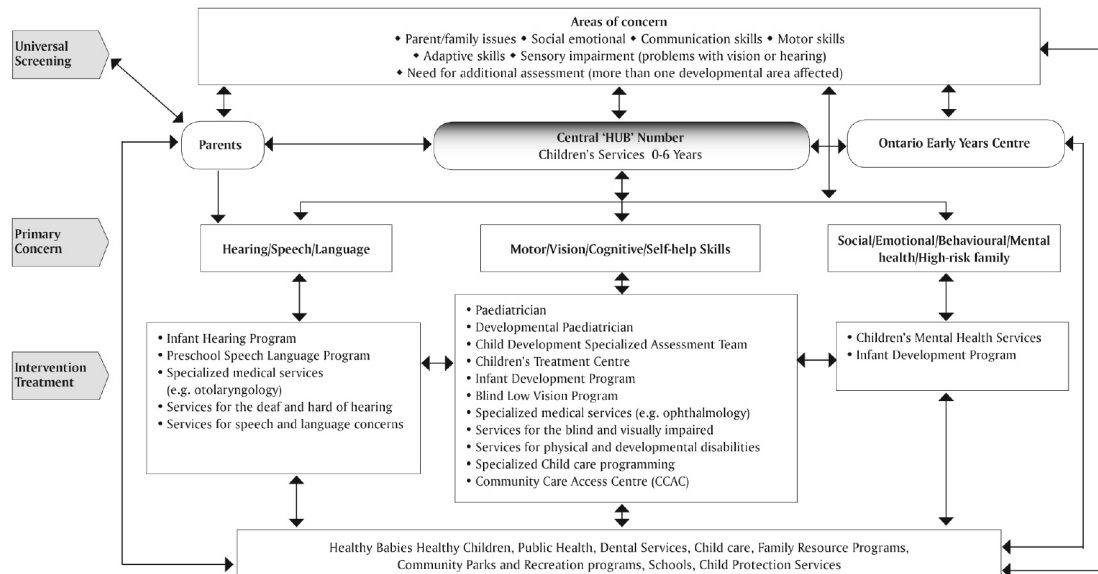
Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: Good (bold type); Fair (italic type); Consensus (plain type).
 (*) see Infant/Child Health Maintenance Selected Guidelines on reverse of Guide I (***) see Healthy Child Development Selected Guidelines on reverse of Guide IV

Disclaimer: Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only.

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<p>DEVELOPMENT Maneuvers are based on the Nipissing District Development Screen™ (www.ndds.ca) and other developmental literature. They are not a developmental screen, but rather an aid to developmental surveillance. They are set after the time of normal milestone acquisition. Thus, absence of any one or more items is considered a high-risk marker and indicates consideration for further developmental assessment, as does parental or caregiver concern about development at any stage. - "Best Start" website contains resources for maternal, newborn, and early child development - www.beststart.org/ - OCFP Healthy Child Development: Improving the Odds publication is a toolkit for primary healthcare providers - www.cfpc.ca/English/OCFP/CME/HCDMainproC/default.asp?s=1 - www.cdc.gov/nccdhd/child/screen_provider.htm - Centre of Excellence for Early Childhood Development: www.child-encyclopedia.com</p>	<p>PARENTAL/FAMILY ISSUES - HIGH RISK INFANTS/CHILDREN</p> <ul style="list-style-type: none"> • Maternal depression - Physicians should have a high awareness of maternal depression, which is a risk factor for the socio-emotional and cognitive development of children. Although less studied, paternal factors may compound the maternal-infant issues. - www.cps.ca/english/statements/PP/pp04-03.htm • Fetal alcohol spectrum disorder (FASD) - Canadian Guidelines: - www.cmaj.ca/cgi/content/full/172/5_suppl/S1 • Assess home visit need: There is good evidence for home visiting by nurses during the perinatal period through infancy for first-time mothers of low socioeconomic status, single parents or teenaged parents to prevent physical abuse and/or neglect. - www.cmaj.ca/cgi/content/full/163/11/1451 • Risk factors for physical abuse: low SES; young maternal age (<19 years); single parent family; parental experiences of own physical abuse in childhood; spousal violence; lack of social support; unplanned pregnancy or negative parental attitude towards pregnancy. • Risk factors for sexual abuse: living in a family without a natural parent; growing up in a family with poor marital relations between parents; presence of a stepfather; poor child-parent relationships; unhappy family life.
<p>BEHAVIOUR Crying: Excessive crying may be caused by behavioral or physical factors or be the upper limit of the normal spectrum. Evaluation of these etiological factors and of the burden for parents is essential and raises awareness of the potential for the shaken baby syndrome. Shaken baby syndrome: www.cps.ca/english/statements/PP/cps01-01.htm Night waking: occurs in 20% of infants and toddlers who do not require night feeding. Counselling around positive bedtime routines (including training the child to fall asleep alone), removing nighttime positive reinforcers, keeping morning awakening time consistent, and rewarding good sleep behaviour has been shown to reduce the prevalence of night waking, especially when this counselling begins in the first 3 weeks of life. - www.mja.com.au/public/issues/182_05_070305/sym10800_fm.html Swaddling: Proper swaddling of the infant for the first 6 months of life may promote longer sleep periods but could be associated with adverse events (hyperthermia, SIDS, or development of hip dysplasia) if misapplied. A swaddled infant must always be placed supine with free movement of hips and legs, and the head uncovered. - http://pediatrics.aappublications.org/cgi/reprint/120/4/e1097</p>	<p>NONPARENTAL CHILD CARE Inquire about current child care arrangements. High quality child care is associated with improved paediatric outcomes in all children. Factors enhancing quality child care include: practitioner general education and specific training; group size and child/staff ratio; licensing and registration/accreditation; infection control and injury prevention; and emergency procedures. - www.cps.ca/english/statements/CP/cp08-02.htm - www.cps.ca/english/statements/CP/cp2009-01.htm - Well Beings: www.caringforkids.cps.ca/wellbeings/index.htm</p>
<p>PARENTING/DISCIPLINE Inform parents that warm, responsive, flexible & consistent discipline techniques are associated with positive child outcomes. Over reactive, inconsistent, cold & coercive techniques are associated with negative child outcomes. - www.cps.ca/english/statements/PP/pp04-01.htm - http://www.cheo.on.ca/english/pdf/joint_statement_e.pdf - www.cfpc.ca/English/OCFP/CME/HCDMainproC/default.asp?s=1 (section 3) Refer parents of children at risk of, or showing signs of, behavioral or conduct problems to structured parenting programs which have been shown to increase positive parenting, improve child compliance, and reduce general behavior problems. Access community resources to determine the most appropriate and available research-structured programs. (eg. The Incredible Years, Right from the Start, COPE program). http://www.child-encyclopedia.com/en-ca/parenting-skills/how-important-is-it.html</p>	<p>AUTISM SPECTRUM DISORDER Specific screening for ASD at 18 - 24 months using the M-CHAT should be performed on all children with any of the following: failed items on the social/emotional/communication skills inquiry, sibling with autism, or developmental concern by parent, caregiver, or physician. If the M-CHAT is abnormal, use the M-CHAT Follow-up Interview to reduce the false positive rate and avoid unnecessary referrals and parental concern. The M-CHAT tool and follow-up interview are found at: www.mchatscreen.com</p>
<p>LITERACY Encourage parents to read to their children within the first few months of life and to limit TV, video and computer games to provide more opportunities for reading. - http://www.cps.ca/english/statements/PP/pp06-01.htm - http://pediatrics.aappublications.org/cgi/content/abstract/105/4/51927 - Arch Dis Child; 2008;93:554-7</p>	<p>TOILET LEARNING The process of toilet learning has changed significantly over the years and within different cultures. In Western culture, a child-centred approach, where the timing and methodology of toilet learning is individualized as much as possible, is recommended. - www.cps.ca/english/statements/CP/cp00-02.htm - www.pulsus.com/journals/abstract.jsp?jnlKy=5&atlKy=7859&isuKy=769&isArt=t&Hctype=Consumer</p>

2009 Early Child Development and Parenting Resource System - Ontario



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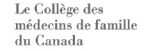
©2009 Drs. L. Rourke, J. Rourke and D. Leduc
 Revised August 2009

www.rourkebabyrecord.ca

Childhood Immunization Record as per NACI Recommendations
 (as of July 28, 2009)

For additional information, refer to the National Advisory Committee
 on Immunization website: www.phac-aspc.gc.ca/naci-ccni/

Provincial guidelines are available online: www.phac-aspc.gc.ca/im/primprog-progimp/table-1_e.html



Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance

GUIDE V

NAME: _____ Birth Day (d/m/yr): _____ M [] F []

Date given	NACI recommendations	Injection site	Lot number	Expiry date	Initials	Comments
DTaP/IPV	4 doses (2, 4, 6, 18 months)					
Hib	dose #1 (2 months)					
	dose #2 (4 months)					
	dose #3 (6 months)					
	dose #4 (18 months)					
Pneu-Conj	4 doses (2, 4, 6, 12-15 months)					
	dose #1 (2 months)					
	dose #2 (4 months)					
	dose #3 (6 months)					
	dose #4 (12-15 months)					
Men-Conjugate	Men-C-C:2-3 doses under 12 mos (2-11 mos) AND booster dose between 12-24 months OR Men-C-C: 1 dose at 12 months					
	Men-C-C or Men-C-ACWY:1 dose at 12 years or during adolescence					
Hepatitis B	3 doses in infancy OR 2-3 doses preteen/teen					
	dose #1					
	dose #2					
	± dose #3					
MMR	2 doses (12 months, 18 months OR 4 years)					
	dose #1 (12 months)					
	dose #2 (18 months OR 4 years)					
Varicella	1 dose (12 months - 12 years) OR 2 doses ≥ 13 years					
	dose #1					
	± dose #2					
DTaP/IPV	1 dose (4-6 years)					
HPV	In females 9 - 26 years, 3 doses at 0, 2, and 6 months.					
	dose #1					
	dose #2					
	dose #3					
dTap	1 dose (14-16 years)					
Influenza	1 dose annually (6-23 months and high risk > 2 years) First year only for < 9 years - give 2 doses one month apart					
Other						

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ROUTINE IMMUNIZATION

National Advisory Committee on Immunization (NACI) recommended immunization schedules for infants, children and youth can be found at the following website:
www.phac-aspc.gc.ca/naci-ccni/

Provincial/territorial immunization schedules may differ based on funding differences. For provincial/territorial immunization schedules, see Canadian Nursing Coalition on Immunization chart on the website of the Public Health Agency of Canada: www.phac-aspc.gc.ca/im/ptimprog-progimpt/table-1_e.html

Additional information for parents on vaccinations can be accessed through: <http://www.caringforkids.cps.ca/immunization/index.htm> and <http://pediatrics.aappublications.org/cgi/reprint/115/5/1428>

VACCINE NOTES (Adapted from NACI website: July 28, 2009)

Diphtheria, Tetanus, acellular Pertussis and inactivated Polio virus vaccine (DTaP-IPV): DTaP-IPV vaccine is the preferred vaccine for all doses in the vaccination series, including completion of the series in children < 7 years who have received \geq 1 dose of DPT (whole cell) vaccine (e.g., recent immigrants).

Haemophilus influenzae type b conjugate vaccine (Hib): Hib schedule shown is for the Haemophilus b capsular polysaccharide – PRP conjugated to tetanus toxoid (Act-HIBTM) or the Haemophilus b oligosaccharide conjugate - HbOC (HibTITERM) vaccines. This vaccine may be combined with DTaP in a single injection.

Measles, Mumps and Rubella vaccine (MMR): A second dose of MMR is recommended, at least 1 month after the first dose for the purpose of better measles protection. For convenience, options include giving it with the next scheduled vaccination at 18 months of age or at school entry (4-6 years) (depending on the provincial/territorial policy), or at any intervening age that is practical. The need for a second dose of mumps and rubella vaccine is not established but may benefit (given for convenience as MMR). The second dose of MMR should be given at the same visit as DTaP-IPV (\pm Hib) to ensure high uptake rates. MMR and varicella vaccines should be administered concurrently (at different sites if the combined MMR/varicella vaccine is not available) or separated by at least 4 weeks.

Varicella vaccine: Children aged 12 months to 12 years who have not had varicella should receive one dose of varicella vaccine. Unvaccinated individuals \geq 13 years who have not had varicella should receive two doses at least 28 days apart. Varicella and MMR vaccines should be administered concurrently (at different sites if the combined MMR/varicella vaccine is not available) or separated by at least 4 weeks.

Hepatitis B vaccine (Hep B): Hepatitis B vaccine can be routinely given to infants or preadolescents, depending on the provincial/territorial policy. For infants born to chronic carrier mothers, the first dose should be given at birth (with Hepatitis B immune globulin), otherwise the first dose can be given at 2 months of age to fit more conveniently with other routine infant immunization visits. The second dose should be administered at least 1 month after the first dose, and the third at least 2 months after the second dose, but again may fit more conveniently into the 4- and 6-month immunization visits. A two-dose schedule for adolescents is an option. (See also SELECTED INFECTIOUS DISEASES RECOMMENDATIONS below.)

Pneumococcal conjugate vaccine - 7-valent (Pneu-Conj): Recommended schedule, number of doses and subsequent use of 23 valent polysaccharide pneumococcal vaccine depend on the age of the child, if at high risk for pneumococcal disease, and when vaccination is begun.

Meningococcal conjugate vaccine (Men-C): Monovalent vaccine to Type C (Men-C-C) is indicated for all ages, and quadravalent to Types A/C/W/Y (Men-C-ACWY) for age 2 yrs and over. Recommended vaccine, schedule and number of doses of meningococcal vaccine depend on the age of the child and vary between provinces/territories. Possible schedules include:

- Men-C-C: 2 - 3 doses under 12 mos of age AND booster dose between 12 - 24 mos age.
- OR
- Men-C-C: 1 dose at 12 mos of age.

Men-C-C or Men-C-ACWY booster dose should also be given at 12 yrs of age or during adolescence.

Diphtheria, Tetanus, acellular Pertussis vaccine - adult/adolescent formulation (dTdap): a combined adsorbed "adult type" preparation for use in people \geq 7 years of age, contains less diphtheria toxoid and pertussis antigens than preparations given to younger children and is less likely to cause reactions in older people. This vaccine should be used in individuals > 7 years receiving their primary series of vaccines.

Influenza vaccine: Recommended for all children between 6 and 23 months of age, and for older high-risk children. Previously unvaccinated children up to 9 years of age require 2 doses with an interval of at least 4 weeks. The second dose is not required if the child has received one or more doses of influenza vaccine during the previous immunization season.

Rotavirus vaccine: Universal rotavirus vaccine is being considered by NACI and CPS.
 AAP recommendation - http://aapredbook.aappublications.org/resources/2009_0-6yrs_Schedule_FINAL.pdf

SELECTED INFECTIOUS DISEASES RECOMMENDATIONS

See CPS position statements of the Infectious Diseases and Immunization Committee: www.cps.ca/english/publications/InfectiousDiseases.htm

- **Hepatitis B immune globulin and immunization:**

Infants with HBsAg-positive parents or siblings require Hepatitis B vaccine at birth, at 1 month, and 6 months of age.
 Infants of HBsAg-positive mothers also require Hepatitis B immune globulin at birth.

Hepatitis B vaccine should also be given to all infants from high-risk groups, such as:

- infants where at least one parent has emigrated from a country where Hepatitis B is endemic;
- infants of mothers positive for Hepatitis C virus;
- infants of substance-abusing mothers.

- **Human Immunodeficiency Virus type 1 (HIV-1) maternal infections:**

Breastfeeding is contraindicated for an HIV-1 infected mother even if she is receiving antiretroviral therapy.

- **Hepatitis A or A/B combined (when Hepatitis B vaccine has not been previously given):**

These vaccines should be considered when traveling to countries where Hepatitis A or B are endemic.

- **Tuberculosis - TB skin testing:**

TB skin testing should be done if the infant is living with anyone being investigated or treated for TB. TB skin testing should also be considered in high-risk groups, including Aboriginal people, immigrants and long-term travellers from areas with a high prevalence of TB.

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WHO GROWTH CHARTS FOR CANADA

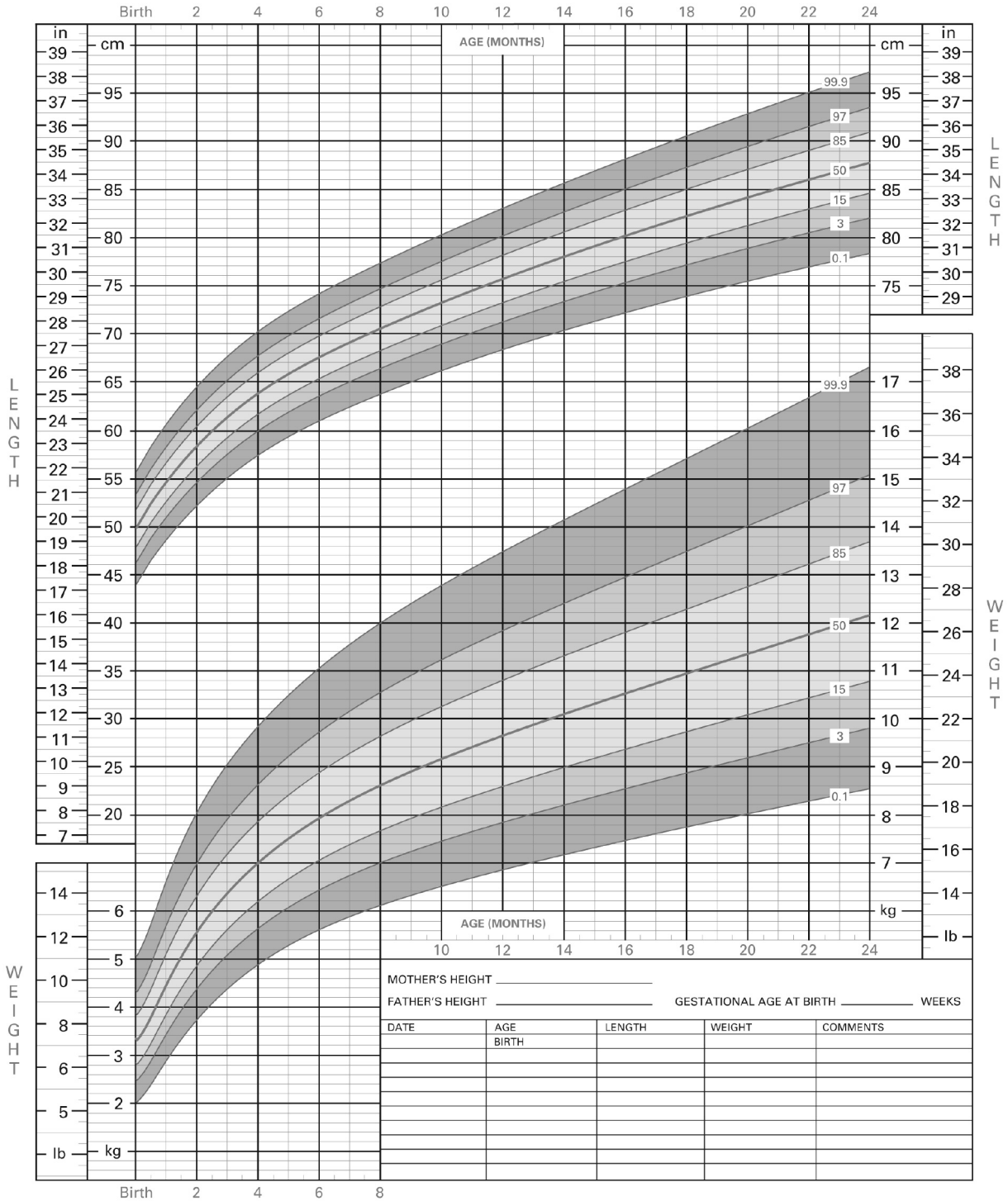
BOYS

BIRTH TO 24 MONTHS: BOYS

Length-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



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www.dietitians.ca/growthcharts

WHO GROWTH CHARTS FOR CANADA

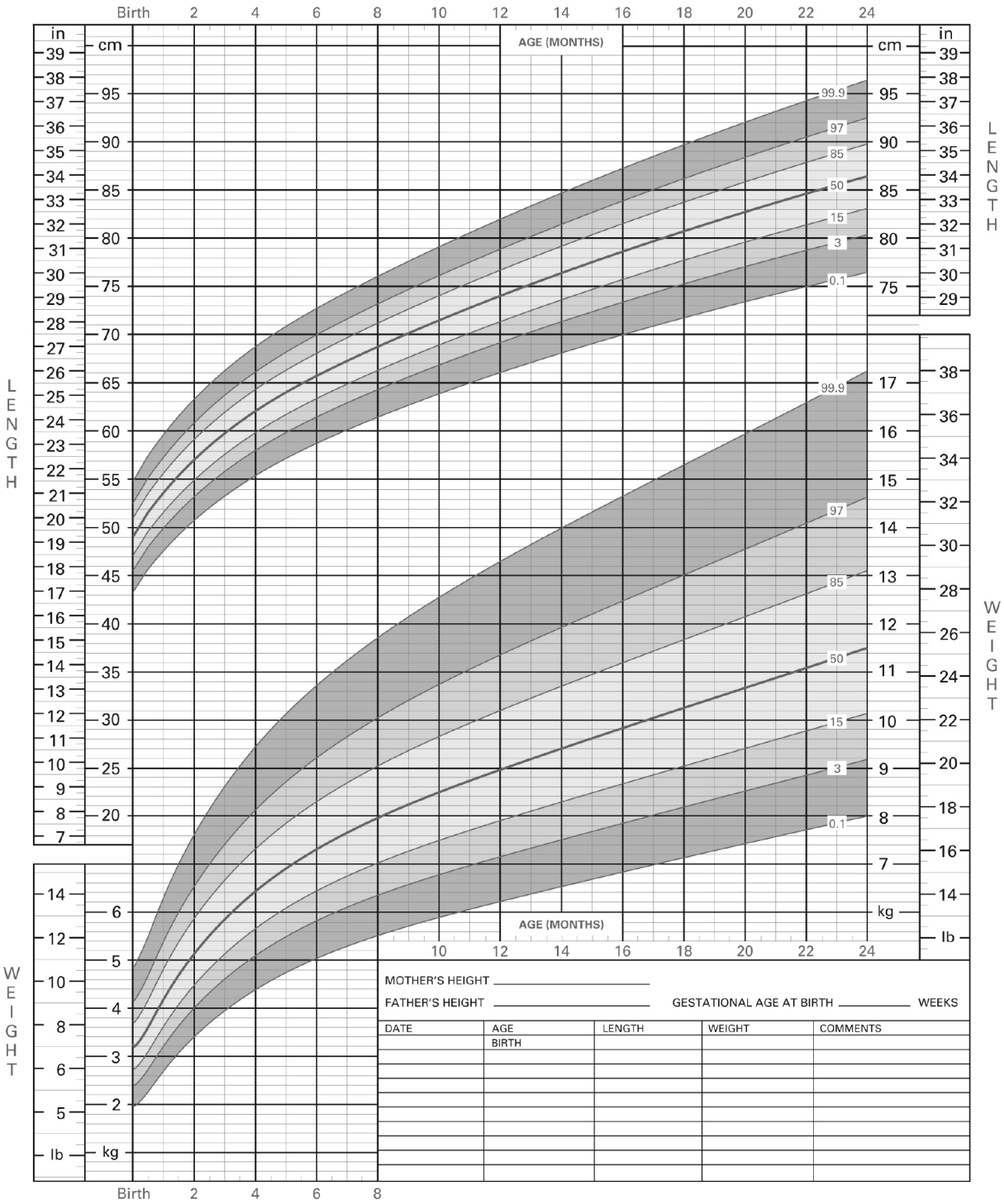
GIRLS

BIRTH TO 24 MONTHS: GIRLS

Length-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



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WHO GROWTH CHARTS FOR CANADA

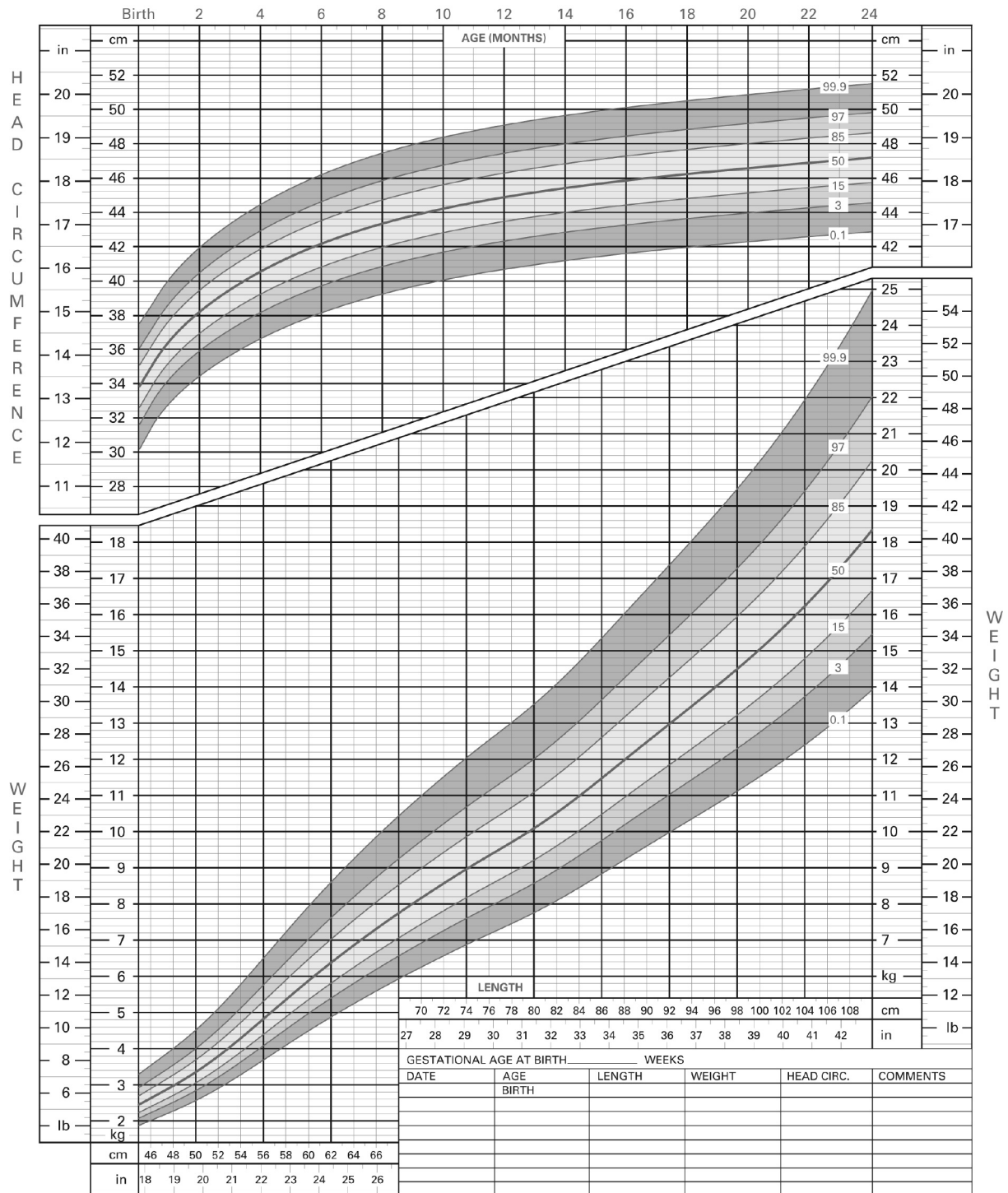
GIRLS

BIRTH TO 24 MONTHS: GIRLS

Head Circumference and Weight-for-length percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: Based on the World Health Organization (WHO) Child Growth Standards (2006) adapted for Canada by Dietitians of Canada, Canadian Paediatric Society, the College of Family Physicians of Canada and Community Health Nurses of Canada.

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Appendix I: Nipissing District Developmental Screen™

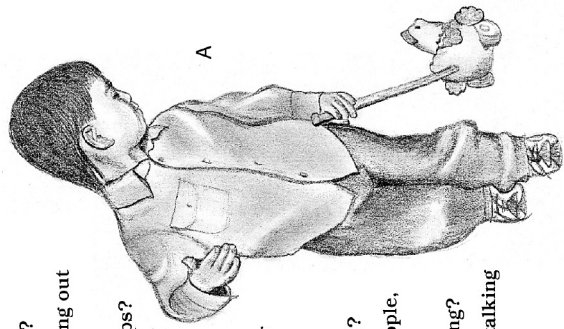
Nipissing District Developmental Screen™

The Nipissing, Nipissing District Developmental Screen, and NDDS are trademarks of NDDS Intellectual Property Association, used under license. All rights reserved.

The Nipissing District Developmental Screen™ is a checklist designed to help monitor your child's development.

Child's Name _____
 Birth Date _____ Today's Date _____

- Yes** **No**
- Identify pictures in a book (e.g. "Show me the baby")?
 - Use familiar gestures (e.g. waving, pushing away)?
 - Follow directions when given without gestures (e.g. "Throw me the ball", "Bring me your shoes")?
 - Use common expressions (e.g. "all gone" or "oh-oh")?
 - Point to at least three different body parts when asked (e.g. "Where is your nose")?
 - Say five or more words? (Words do not have to be clear.)
 - Hold a cup to drink?*
 - Pick up and eat finger food?
 - Help with dressing by putting out arms and legs?*
 - Crawl or walk up stairs/steps?
 - Walk alone?
 - Squat to pick up a toy without falling?
 - Push and pull toys or other objects while walking? (Picture A)
 - Stack three or more blocks?
 - Show affection towards people, pets or toys?
 - Point to show you something?
 - Look at you when you are talking or playing together?



* item may not be common to all cultures

Always talk to your health care or child care professional if you have any questions about your child's development or well being. See reverse side for instructions, limitation of liability, and product license.

18 MONTHS

ACTIVITIES FOR YOUR CHILD...

- Emotional
- Fine Muscle
- Large Muscle
- Learning/Thinking
- Self-Help
- Social
- Speech/Language

Nipissing District Developmental Screen™

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The following activities will help you play your part in your child's development.

- Help me to notice familiar sounds, such as birds chirping, car or truck motors, airplanes, dogs barking, sirens, or splashing water. Imitate the noise you hear and see if I will imitate you. Encourage me by smiling and clapping.
- I am learning new words every day. Play games to help me learn the names of things. Put pictures of familiar things such as toy animals, people or objects in a bag and say "One, two, three, what do we see?" and pull a picture from the bag.
- Pretend to talk to me on the phone or encourage me to call someone.
- Don't be afraid to let me see what I can do with my body. I need to practise climbing, swinging, jumping, running, going up and down stairs, and going down slides. Stay close to me so I don't get hurt.
- Play some of my favorite music. Encourage me to move to the music by swaying my arms, moving slowly, marching to the music, hopping, clapping my hands, tapping my legs, etc. Let's have fun doing actions while listening to the music.
- Let me play with balls of different sizes. Take some of the air out of a beach ball. Watch me kick, throw, and try to catch it.
- I like toys that I can pull apart and put back together: large "LEGO", containers with lids, or plastic links. Talk to me about what I am doing using words like "push" and "pull".
- I'm not too little to play with large crayons. Let's scribble and talk about our art work.
- I like simple puzzles with two to four pieces and shape-sorters with simple shapes. Encourage me to match the pieces by taking turns with me.
- I want to do things just like you. Let me have toys so I can pretend to dress up, have tea parties, and play mommy or daddy.
- I feel safe and secure when I know what is expected of me. You can help me with this by following routines and setting limits. Praise my good behaviour.
- I like new toys so find the local toy lending library or play groups in our community.

I enjoy exploring the world but I need to know that you are close by. I may cry when you leave me with others, so give me a hug and tell me you will be back.

Always talk to your health care or child care professional if you have any questions about your child's development or well being. See reverse side for instructions, limitation of liability, and product license.

18 MONTHS

Instructions for the Nipissing District Developmental Screen™

The Nipissing District Developmental Screen™ (NDDS™) is a tool designed to provide an easy-to-use method of recording the development and progress of infants and children. The areas of development covered by the Screen Forms include vision, hearing, communication (note: the language items refer to the child's ability in his/her first language), gross and fine motor, cognitive, social/emotional, and self-help. The Screens coincide with immunization schedules as well as key developmental stages up to age six. The ages are noted at the top of each Screen. The child's chronological age will determine which Screen to use. If the child falls between two ages, use the earlier Screen (e.g. for a 4 1/2 year old use the Screen for a 4 year old).

The skills in each Screen are expected to be mastered by most children by the age shown. **If two or more "No" responses are marked a referral to a health care and/or child care professional is recommended.** While the NDDS™ was designed to be completed by a parent or caregiver, the Screen Forms are not meant to be a substitute for professional advice, assessment and/or treatment from a health care and/or child care professional.

Parents should always talk to their health care and/or child care professional if they have questions or concerns about their child's development or well being.

Additional information is available on our website. Visit us at www.ndds.ca.

Activities for Your Baby/Child

The "Activities for Your Baby/Child" section of the Screen Forms is intended to provide parents and other caregivers with some information and activities to enhance their infant's/child's development. Each activity is coded with an icon to represent a primary area of development. **If parents have questions or concerns about the appropriateness of any activity for their infant/child they should contact a health care or child care professional.**

 Emotional  Fine Muscle  Large Muscle  Learning/Thinking  Self-Help  Social  Speech/Language

Limitation of Liability

Nipissing District Developmental Screen™ (NDDS™) has created and provides the Screen Forms to assist parents, health care and child care professionals (users) with a convenient and easy to use method of recording the development and progress of infants and children within certain age groupings. The Screen Forms are not meant to be a substitute for the advice and/or treatment of health care and child care professionals trained to properly and professionally assess the development and progress of infants and children. As such, the Screen Forms are not intended or designed to be "do it yourself" substitutes for proper and professional advice and/or treatment.

Although the Screen forms may help users to determine when they need to seek out the advice and/or treatment of health care and child care professionals, it must be clearly understood by users that the Screen Forms can not substitute for the advice and/or treatment of health care and child care professionals.

Users of the screen forms should consult with competent health care and child care professionals for advice and/or treatment respecting specific children and their particular needs.

Users should bear in mind the following when using the Screen Forms:

- (i) The needs of each infant/child are unique. Each infant/child will develop differently and as such, any perceived limitations in development must be reviewed by a health care and/or child care professional to be properly assessed;
- (ii) While every effort has been made to make the Screen Forms as culturally, economically and geographically neutral as possible, it must be understood by users that they may still reflect some cultural, economic or geographic prejudices. As such, these prejudices may affect a specific infant's/child's results in a Screen Form without actually reflecting a developmental limitation. Again, users should contact a health care and/or child care professional to review the needs of an individual infant/child;
- (iii) The Screen Forms cannot contain every possible indicator of developmental limitations or goals to be met. As such, the Screen Forms are not designed for and should not be used to diagnose or treat perceived developmental limitations or other health needs.

Every effort has been made to ensure that the Screen Forms have been formulated with a reasonable standard of care. Except for this representation, and as otherwise specifically provided in the Screen Forms, NDDS™ make no representation or warranties, express or implied. This includes, but is not limited to, any implied warranty or merchantability of fitness for a particular use or purpose, and specifically disclaims any such warranties and representations. NDDS™ expressly disclaims any liability for loss, injury or damages incurred or occasioned as a consequence, directly or indirectly, of the use of the Screen Form.

The Screen Forms are sold with the understanding that NDDS™ is not engaged in rendering medical or child care advice or other professional services.

Appendix J: Developmental Monitoring in Primary Care - Journal Article

Developmental monitoring in primary care

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SUMMARY

Monitoring child development is an essential part of primary health care. Successful surveillance depends on physicians' thorough knowledge of normal progress along the four developmental streams: motor, language, cognitive, and social and emotional. Being alert to "red flags" that suggest problems is important. Effective interventions can minimize developmental problems.

RÉSUMÉ

La surveillance du développement de l'enfant est une composante essentielle des soins de première ligne. La réussite de cette surveillance dépend du niveau de connaissances que possèdent les médecins de la croissance normale en fonction des quatre axes de développement : motricité, langage, cognition, et développement social et émotionnel. Il est important d'être vigilant pour bien identifier les « drapeaux rouges » indiquant la présence de problèmes. Les interventions efficaces peuvent minimiser les problèmes de développement.

Can Fam Physician 1996;42:1527-1536.

EARLY DETECTION OF DEVELOPMENTAL problems is increasingly being identified as one of the important tasks of physicians providing primary care to children. Emerging evidence supports the efficacy of early intervention. Recent statements by the American Academy of Pediatrics¹ and the British Joint Working Party of Child Health Supervision² recommend that developmental monitoring be an integral part of child health supervision. Both organizations suggest that monitoring be done by the process of "developmental surveillance."

Developmental surveillance is a flexible, continuous process in which knowledgeable professionals observe children during all health care encounters.³ It encompasses both identification and anticipatory guidance and can be accomplished by monitoring developmental milestone

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attainment, eliciting parental concerns, informally observing age-appropriate tasks, and sometimes using screening tests. Effective surveillance requires physicians to have thorough knowledge of normal child development, to understand factors that might interfere with it, and to be actively monitoring for symptoms that should elicit concern.

This article focuses on the background knowledge essential for developmental surveillance. Some general guidelines for dealing with detected delays are outlined.

Getting started

The process of development can be conceptualized as the result of interaction between a child and his or her environment, each profoundly influencing the other. Development proceeds along four basic streams: motor, language, cognitive, and social and emotional development. While these are clearly interdependent, they should be assessed individually in each child. The skills we use when we listen to heart sounds or examine cranial nerves (focusing attention on a series of objective findings) can be applied to developmental assessment.

Equally important to the process of surveillance are the skills of good listening and sensitive questioning. These lead to trusting relationships with parents that facilitate sharing concerns. This atmosphere is conducive to early discovery of developmental prob-

lems and to a more thorough understanding of the environmental factors (eg, psychosocial, health, economic) that affect child development.

Although most physicians find assessing child development enjoyable and often enriching, many

Table 1. "Red flags" indicating risk of developmental problems

AREA and AGE	FINDINGS	AREA and AGE	FINDINGS
MOTOR		LANGUAGE (continued)	
4½ mo	Does not pull up to sit	18 mo	Has less than three words with meaning, unable to achieve shared attention
5 mo	Does not roll over	2 y	No two-word phrases or repetition of phrases
7-8 mo	Does not sit without support	2½ y	Not using at least one personal pronoun
9-10 mo	Does not stand while holding on	3½ y	Speech only half understandable
15 mo	Not walking	4 y	Does not understand prepositions
2 y	Not climbing up or down stairs	5 y	Not using proper syntax in short sentences
2½ y	Not jumping with both feet	COGNITIVE	
3 y	Unable to stand on one foot momentarily	2-3 mo	Not alert to mother with special interest
4 y	Not hopping	6-7 mo	Not searching for dropped object
5 y	Unable to walk a straight line back and forth or balance on one foot for 5 to 10 seconds	8-9 mo	No interest in peek-a-boo
FINE MOTOR		12 mo	Does not search for hidden object
3½ mo	Persistence of grasp reflex	15-18 mo	No interest in cause-and-effect games
4-5 mo	Unable to hold rattle	2 y	Does not categorize similarities (eg, animals vs vehicles)
7 mo	Unable to hold an object in each hand	3 y	Does not know own full name
10-11 mo	Absence of pincer grasp	4 y	Cannot pick shorter or longer of two lines
15 mo	Unable to put in or take out	4½ y	Cannot count sequentially
20 mo	Unable to remove socks or gloves alone	5 y	Does not know colours or any letters
2 y	Unable to stack five blocks, not scribbling	5½ y	Does not know own birthday or address
2½ y	Not turning a single page of a book	PSYCHOSOCIAL	
3 y	Unable to stack eight blocks or draw a straight line	3 mo	Not smiling socially
4 y	Unable to stack 10 blocks or copy a circle	6-8 mo	Not laughing in playful situations
4½ y	Unable to copy a square	1 y	Hard to console, stiffens when approached
5 y	Unable to build a staircase of blocks or copy a cross	2 y	Kicks, bites, and screams easily and without provocation. Rocks back and forth in crib. No eye contact or engagement with other children or adults
LANGUAGE		3-5 y	In constant motion. Resists discipline. Does not play with other children
5-6 mo	Not babbling		
8-9 mo	Not saying "da" or "ba"		
10-11 mo	Not saying "dada" or "baba"		

Adapted from First and Palfrey.⁶

dread detecting abnormalities because they are unsure how to intervene effectively in the face of diminishing community resources. This is particularly true for physicians in isolated or remote communities that lack medical specialists and ancillary services, such as speech pathologists, psychologists, physiotherapists, and occupational therapists. Finding whatever local resources are available, private and public, is the first step to being able to make recommendations that can be carried out.

Many areas in Canada now have, or will soon have, access to early interventionists, professionals from many backgrounds (such as speech therapy, nursing, and early childhood education) who are trained to work with parents and preschool staff to provide optimal developmental programming. Some local day-care centres and preschools have highly skilled professionals, and interested nurses can be trained to administer formal developmental assessment tools such as the DISC⁴ (Diagnostic Inventory for Screening Children). Where no intervention services are readily available, family members can be taught how to stimulate a child's development. Physicians can advocate for their communities by lobbying for improved developmental intervention services.

A physician's role in dealing with developmental problems goes well beyond referral for assessment and therapy by other professionals. Having a child with a developmental problem can cause parents grief, a sense of loss, and feelings of helplessness. As the child develops, new issues and concerns are likely to arise. Appreciating this and providing ongoing support and guidance can improve the quality of life of the whole family.

Making objective observations, creating a setting in which parents are comfortable sharing concerns, finding the best available resources, and providing support are important aspects of surveillance, regardless of which stream of development is being examined. Each stream has unique features relevant to the surveillance process.

Motor development

When parents boast about a child's early ability to sit, crawl, or walk, or fearfully mention that a child seems behind in these skills, they convey the widely

held belief that a close connection exists between motor development and intelligence. Of all the streams of development, however, gross motor development is the least predictive of cognitive potential.⁵ Monitoring motor development is important primarily because of the many underlying medical conditions that can manifest as motor delays.

For genetic counseling or therapeutic intervention, such conditions should be identified as early as possible. A range of normal variation in the development of gross and fine motor skills makes it necessary for physicians to recognize "red flags" that suggest problems (*Table 1*⁶).

Physicians should be concerned if an infant is not sitting independently at 7 to 8 months, or is unable to hold an object in each hand at that age. A 15-month-old should be walking and well able to put objects in and out of large containers. Attention is warranted if a 2-year-old cannot climb up or down stairs or scribble or if a 3-year-old cannot stand briefly on one foot or draw a straight line. A 4-year-old should be able to hop and copy a circle, and a 5-year-old should be able to walk a straight line and copy a cross.

Even if normal milestones are being attained, more subtle clinical findings might suggest underlying motor problems: persistent fisting of the hands (more than 50% of the time) at 3 months is not normal and might be an early sign of cerebral palsy; development of hand dominance before 15 months is unusual, and might reflect neurologic impairment of the contralateral side; precocious ability to elevate the head and neck in ventral suspension (before 3 months) might suggest hypertonia.

What to do if motor delay is detected

Delays in motor development might indicate underlying disease. Problems of the central nervous system, such as cerebral palsy, or the peripheral nervous system, such as muscular dystrophy, must be considered. Metabolic conditions (eg, hypothyroidism) and genetic syndromes (eg, fragile X syndrome) might be responsible. Clues to underlying etiology should be sought through a thorough history and physical examination. Particular attention to birth history, family histo-

ry, and developmental history could yield valuable information.

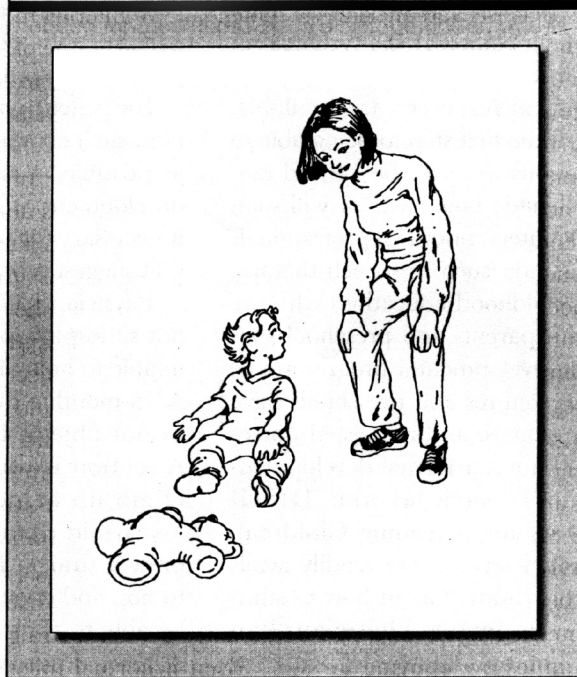
Abnormal physical findings, such as dysmorphic features; persistent primitive reflexes; asymmetric deep tendon reflexes; or abnormal muscle bulk, tone, or strength, are all especially relevant. If an underlying neurologic or medical condition is suggested, referral to a pediatrician or neurologist for further evaluation might be warranted.

Whether or not disease is suspected, referral for early intervention is indicated. Local availability and local practice patterns will dictate whether this is to an occupational therapist, physical therapist, early intervention therapist, or other professional. Children with no specific etiology for delays should be monitored every 3 to 4 months to ensure continued progress and to detect the emergence of new factors. Because many families believe that motor delays imply diminished intelligence, educating them about the nature of a child's difficulties can often be highly reassuring. Families also often underestimate the important role they have in creating an environment conducive to optimal motor development. Being taught specific techniques for helping motor skills develop can be both empowering for parents and therapeutic for children.

Language development

The fascination of baby with parent and parent with baby ensures attachment in the baby's first social relationship and facilitates the natural emergence of language in normal babies. Within a few years, a child progresses from a few words

Figure 1. Shared attention: Children should be able to direct the attention of another person to share their interest in something they have noticed.



to virtual mastery of language. This magical process follows a predictable pattern, but has considerable normal variation in the rate and quality of its unfolding.

Significant deviations from normal development can be identified early if doctors are familiar with prelinguistic and linguistic milestones. Some physicians keep a checklist of milestones nearby; others use formal instruments, such as the Early Language Milestone Scale.⁷ This tool has been shown to have relatively good sensitivity and specificity for children younger than 3 years.^{8,9}

Red flags that signal a need for further evaluation include not beginning to babble by 8 months and having fewer than three meaningful words at 18 months. By 1 1/2 years, a child should be able to achieve shared attention (*Figure 1*). A 2-year-old should be putting two words together, and a 3 1/2-year-old's speech should be almost fully understandable. We should be concerned if a 4-year-old cannot use prepositions or if a 5-year-old is not speaking in grammatically correct, albeit short, sentences.

Physicians should remember some other important points.

- Recurrent otitis media rarely produces long-term language delays.^{10,11}
- Congenitally deaf children typically have normal motor, cognitive, and psychological development in the first year of life and reach essentially normal language milestones in the first 6 to 8 months of life.⁵ Examiners must assess auditory responses in young infants very carefully. Up to two thirds of congenitally deaf children can be

identified if all infants on the High Risk Registry (Table 2¹²) are screened early.¹³

- Deterioration or plateauing of language skills at 18 to 24 months is cause for serious concern.¹⁴ In the past, parents reporting this were often ignored. However, it is now well recognized that, when combined with flat affect, social withdrawal, or poor engagement, this pattern can signify the onset of pervasive developmental disorder (PDD).

What to do if language delay is detected

Language is a complex skill; its development can have aberrations ranging from dysfluencies and articulation deficits to pure expressive or receptive delays to aberrant nonfunctional use of language, as in PDD. Possible causes include structural or functional abnormalities of the oromotor apparatus, hearing impairment, global developmental delay, pure language disorders, and PDD. History or physical examination sometimes suggest that referral to speech pathologists, audiologists, psychologists, neurologists, or psychiatrists could help.

Whether or not a child has a specific, intrinsic abnormality, the environment strongly influences development of language skills. Assessing such influence can help identify avenues for intervention, or, less commonly, actually determine the cause of language delay. Factors that can render a parent ineffective at teaching language include poverty, substance abuse, depression, and cognitive impairment.¹⁵

Reliable audiology is indicated for all children with language delay, as is referral to local early intervention services. In areas where speech and language evaluation is accessible, refer early. Putting a child into nursery school can usually be achieved fairly quickly and some children benefit greatly. Some communities have the Hanen program, a course of short workshops designed to teach parents how best to foster language development in their children.

Physicians can make practical suggestions for promoting language skills and enhancing cognitive and social skills that parents can implement immediately.

- When you have a young infant’s gaze or obvious attention, make noises and sounds or sing softly.
- Repeat sounds or words the child utters.
- Repeat simple nursery rhymes in a predictable way.
- Ask questions or make comments that naturally lead to response.
- Label concrete objects in a child’s environment.
- Emphasize action words in conversation with the child.
- Read to the child, and let the child see you reading for pleasure.
- Use simple language delivered slowly.

Table 2. High Risk Registry of risk factors for sensorineural hearing loss

Family history of hearing loss
Congenital infection
Craniofacial anomalies
Birth weight less than 1500 g
Hyperbilirubinemia at level exceeding indication for transfusion
Ototoxic medications used for more than 5 days
Bacterial meningitis
Asphyxia or low Apgar score at birth
Prolonged mechanical ventilation
Findings associated with a syndrome known to include sensorineural hearing loss (eg, Waardenburg or Usher’s syndrome)
<i>Adapted from American Speech-Language-Hearing Association.¹²</i>

Cognitive development

Most parents delight in watching their children learn to understand the world and marvel as they acquire basic intellectual skills. One of the greatest fears parents have is that a child might be cognitively impaired. The tremendous emotional overlay associated with cognitive deficits might lead to confusion regarding terminology. The term “mental retardation” has much more serious social and prognostic implications than the term “developmental delay.” The latter term

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implies that a child will continue to make cognitive gains throughout development. This is often reassuring to parents, but they must understand that with time the gap between global delay and the norm typically widens.

Detecting cognitive impairment in children can be difficult. While profound mental retardation is hard to miss, milder forms can be subtly manifested in young children. Most globally delayed children achieve gross motor milestones at approximately normal times. Red flags for cognitive impairment include not alerting to mother by 3 months or not looking for dropped objects by 7 months. By 1 year babies should be searching for hidden objects, revealing a well established concept of object permanence. Two-year-olds should be able to categorize similarities (eg, big, red), and 3-year-olds should be able to say their full names when asked. By 4 ½ years a child should be able to count, and by 5 years should know several colours and some letters. Psychological testing can usually be attempted by 3 years, but might not be predictive of later outcome until a child is older than 5 years.

What to do if cognitive delay is detected

Differential diagnosis of global developmental delay is vast and is well documented elsewhere.¹⁶ A detailed history and physical examination are essential for finding causative factors. History should particularly include prenatal factors, such as exposure to toxins or infection, and perinatal factors, such as complicated deliveries. Although birth events are generally poor predictors of developmental problems,¹⁷ reviewing birth records can help parents who have unresolved concerns about that period. Family history should be probed for similarly affected relatives, possibly suggesting inherited conditions (eg, neurofibromatosis or fragile X syndrome). History can also clarify the adequacy of a child's environment and identify factors that might prevent a child from reaching maximum potential.

Physical examination must likewise be thorough. Focus should be on head growth, neurologic findings, and associated dysmorphic

or neurocutaneous features. While investigations will be guided by historical and physical findings, hearing and vision should also be assessed. If the child is not microcephalic, DNA might be analyzed for the fragile X syndrome mutation.¹⁸ Doing karyotype, lead level, metabolic screen,⁶ or thyroid-stimulating hormone tests should be based on findings. Computed tomography is rarely clinically useful; magnetic resonance imaging sometimes aids diagnosis.

Cognitive impairment in a child is usually devastating for parents. Physicians can help immeasurably in an advocacy role. Helping families find appropriate preschools and ensuring that the child is properly identified by the school is helpful. If the community has an Association for Community Living, a family might benefit from contact with it. Parents sometimes feel deceived if a referral is made without fully explaining the child's diagnosis to them first.

Primary care physicians can help families access support groups, ministry-funded social workers, respite care, and government benefits and tax credits. Although no clear evidence indicates that globally delayed children's intelligence quotients can be improved by early intervention, children can be helped to function better and avoid secondary behavioural problems, and parents could experience less stress.¹⁹

Most families require emotional support and ongoing guidance as they come to terms with having a cognitively impaired child, work out plans for the future, and deal with the still-present social stigma.

Social and emotional development

The relationship between parent and child that develops in the first years of life is the springboard for the child's future interactions with other people, the template of how he or she views himself or herself, and the raw material for functioning in society, achieving happiness, and being emotionally intact.

Sadly, disruptions to this process are all too common. Countless examples of undesirable

social conduct and people with emotional disability are easily found. Primary prevention and pre-empting development of these problems has profound ramifications for both individuals and society. Understanding a child's biological endowment (ie, temperament) and knowing a child's psychosocial environment are key to successfully monitoring social and emotional development.

Since the landmark work of Chess and Thomas,²⁰ we have recognized that an infant's mind, far from being a tabula rasa, has a complex, unique pattern of responsiveness innate to his or her personality. Differences between infants are termed temperament and include a baby's activity level, rhythmicity, mood, and intensity and threshold of responding. Infants typically have been classified as "easy," "difficult," or "slow to warm up."

A child's temperament influences the parents' attitude and behaviour toward him or her; a child's temperament, and the degree to which it matches the parents' temperament, mediates a child's response to parental practices. Helping parents understand the role that temperament plays in a child's behaviour can be very useful. For example, if the parents of a "slow to warm up" child, who is reluctant to start a new preschool, view the behaviour as part of the child's normal style, they will allow him or her time to adapt positively and will not be concerned. If they do not appreciate this, they might view the child as timid or anxious and, instead of being patient, pressure the child to join the group, resulting in an even more difficult situation.

Among the myriad environmental variables that affect social and emotional development are family, health, economics, and culture. Children born into poverty, for example, experience not only economic deprivation but different psychological and social experiences from their better off peers.²¹ Families under stress from marital conflict, parental depression, extended family problems, and so on often have difficulty nurturing their children's psychological development.

At the heart of social and emotional development lies the foundation upon which all future interactions with the social world rest: attachment of child to primary caregiver. This should be well

established and evident by 12 to 14 months and is characterized by proximity-seeking behaviour, separation anxiety, and fear of strangers. Office visits are often ideal for witnessing these phenomena. Ample evidence now supports a link between secure attachment and later social development.²¹

Problems in social and emotional development are shown through a child's temperament, environmental factors, and attachment experience. Red flags include not developing a social smile by 3 months or not laughing in playful situations by 8 months. Poor eye contact or inability to be comforted by a parent is worrying at any age, as are excessive aggression, repetitive movements, and lack of interest in people.

Pervasive developmental disorders, characterized by impaired social interaction and communication and restricted, repetitive, and stereotypical patterns of behaviour, are being shown increasingly to respond to intervention, which should be sought early.¹⁴ These conditions are biologically based, and are not the result of suboptimal social circumstances.

What to do if social and emotional problems are detected

Early intervention is essential. If a child's environment is highly disturbed, abusive, or neglectful, physicians must advocate for the child and might need to enlist child protection services.

In less severe social situations, physicians could support and guide families to remove obstacles preventing children from reaching maximum potential. Pointing out the child's temperament, and providing basic information on common behavioural challenges at different stages could help parents give better care.

Many children with social or emotional problems, even those with PDDs, appear to benefit from increased contact with other children, perhaps through play groups or library programs. Extended family members playing and reading with a child can provide the extra attention that parents sometimes cannot give.

Finally, children with social or emotional problems should be referred to early intervention therapists, if available. Some communities have more

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specific supportive or therapeutic programs that might be appropriate, such as groups for depressed parents and their children or nursery programs for autistic children.

Conclusion

Watching over children as they grow and develop is one of the most rewarding, enjoyable, and challenging aspects of medical practice. Having a solid knowledge of the four streams of development enables physicians to take on the task with confidence and pleasure. Knowing the spectrum of normal and the indicators of serious delays is an ongoing learning process and is key to managing developmental surveillance effectively. Because developmental disabilities are so common (up to 10% prevalence²²), physicians who look for them are likely to find them. Putting needed services into place in a timely fashion can be frustrating and time-consuming, particularly for those in rural areas. Once you are familiar with the services in your area, advocating for improved services might be necessary.

Despite the frustrations, watching the process of development, establishing supportive and trusting relationships with parents, and being able to make early developmental diagnoses that result in effective interventions are uniquely satisfying and enjoyable aspects of primary care medicine. ■

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Assessment of Developmental Delay

Developmental Area	Significant Red Flags	Intervention
<p>Growth Growth charts are designed for typically developing children in North America. They may be misleading for children from other countries or children with a specific concern such as Down syndrome or premature delivery.</p>	<ul style="list-style-type: none"> -Weight and height below 3rd percentile -Growth velocity less than expected -crosses 2 percentile lines -Weight less than 80% expected for age and height -Weight below 5th percentile on weight for height chart 	<ul style="list-style-type: none"> -Examine re intake, output -Physical examination and tests to rule out syndromes, chronic disease -Psychosocial – eating and sleeping behaviour -Referral: pediatric, public health -Growth charts are available for children with Down syndrome
<p>Motor Motor delay is not a reliable predictor of cognitive development</p>	<ul style="list-style-type: none"> -4 1/2 mo not pulling to sit -5 mo not rolling over -7-8 mo not sitting unsupported -9-10 mo not standing holding on -15 mo not walking 	<ul style="list-style-type: none"> -Look for neurological signs -Clues from birth history, family history -Abnormal physical findings? -Referral: pediatric or neurological, early infant development, physiotherapy -No specific cause – monitor and educate family, encourage motor development
<p>Cognitive</p>	<ul style="list-style-type: none"> -2-3 mo not alert to mother -6-7 mo not searching for dropped object -8-9 mo no interest in peek a boo -12 mo doesn't search for hidden object 	<ul style="list-style-type: none"> -Detailed history and physical – prenatal, review birth records (not usually significant), family history -Child's environment -Support for parents re diagnosis -Advocate for support for parents and family -Look to avoid secondary problems
<p>Language and Communication</p>	<ul style="list-style-type: none"> -5-6 mo not babbling -8-9 mo not saying da or ba -10-11 mo not saying dada or baba -12 mo not gesturing – pointing or waving -24 mo no 2 word phrases -Loss of language at any age 	<ul style="list-style-type: none"> -Audiology testing -Environment strongly influences language skills. Assess these influences – parental time, substance abuse, depression etc -Referral: speech and language evaluation, psychology, neurology, psychiatry -Possible problems: hearing problem, global delay, pure language disorders, autism spectrum disorder -Practical suggestions -Nursery school, Hanen programs etc
<p>Social and Emotional</p>	<ul style="list-style-type: none"> -3 mo not smiling socially -6-8 mo not laughing in playful situations -1 year hard to console, stiffens -2 years bites, kicks, screams easily, poor eye contact or engagement 	<ul style="list-style-type: none"> -Early intervention needed – is child's environment abusive, neglectful, disturbed – child protection issue? -Parent training – re difficult behaviour -Increase contact with other children, extended family, extra attention -Referral: early intervention therapist – public health, developmental pediatrics etc

The Key to Developmental Surveillance is the knowledge of the spectrum of normal and the indicators of serious delays – this is an ongoing learning process. Developmental delays are common and occur in up to 10% of children.

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Appendix K: Speech, Language and Hearing

Facts about Speech, Language and Hearing

What is Communication?

Communication is the sending and receiving of information.

There are four main aspects to communication:

1. Hearing is essential for the acquisition of oral communication, speech and language.
2. Language is the coded system which enables understanding, organization and expression of meaning, thoughts and ideas. It takes the form of words and patterns of words in grammatical structures. Language can be conveyed in an oral, written or gestural/sign form. It can be further subdivided into expressive language (how we express ourselves using words, gestures, etc.) and receptive language (how we understand words, gestures, etc.).
3. Speech is the production of sounds and sequences of sounds. This can be further subdivided into voice quality, fluency and articulation that all contribute to the intelligibility of what is said.
4. Pragmatics is the social aspect of turn-taking and joint attention that facilitates communication.

Causes of Speech and Language Problems

Historically causes of most communication disorders have not been known. Genetic research in the past decade has linked the most common disorder, specific language impairment, to inherited cerebral structure and function. Other speech, language and hearing disorders have been attributed to a variety of factors including maternal infection, genetics, traumatic brain injury, maxillo-facial anomalies such as cleft lip/palate, birth trauma, or syndromes (e.g. Autism Spectrum Disorder, Down Syndrome).

The home environment is also a factor to consider. Limited stimulation and family stressors can cause delay in speech/language development, but do not cause disorders. Delays due to environmental factors can be reversed with good language stimulation.

When a family member has a speech/language/hearing disorder, the children are at higher risk for communication difficulties. Pay special attention if there is a positive family history for: learning disabilities, permanent early childhood hearing loss, congenital syndromes, or if the parent indicates concern.

Key Warning Signs

Emotion and Use of Eye Gaze

- Limited ability to share attention and/or emotions with eye gaze and facial expressions

- Limited use of eye gaze shifts between people and objects
- Delayed ability to understand and follow others' eye gaze and finger pointing

Use of Communication

- Limited use of gestures and/or vocalizations to communicate
- Low rate of communication using gestures and/or vocalization
- Limited number of reasons for communication (e.g., child only communicates to protest and request food, but not to greet, label objects, etc.)
- Limited use of communication to share interest/attention with another

Use of Gestures

- Limited number of gestures (e.g., giving, showing, reaching, pointing)
- Limited use of symbolic gestures (e.g., waving, nodding head, gesture for talking on phone)
- Reliance on gestures and a limited use of vocalizations to communicate

Use of Sound

- Limited number of consonants
- Immature syllable structure (e.g., uses only consonant plus vowel combinations to represent words of varying lengths, such as na/banana or wa/water)

Understanding and Use of Words

- Delayed in understanding language and using language

Use of Objects

- Limited use of symbolic play (e.g., use of toy object to represent real object - phone, feed baby)
- Delayed spontaneous use of actions on objects in symbolic play
- Limited ability to imitate actions on objects

Other

- Positive family history
- Heightened parental concern

When to Refer

Refer all children to the Preschool Speech and Language System when the parent expresses concern or the child presents with high risk indicators or does not meet developmental milestones on the Rourke Record or Nipissing District Developmental Screen™.

<p><i>Developmental Milestones</i> The skills listed below mark children’s progress as they learn to communicate and gain speech and language abilities. If your child is not meeting one or more of these milestones or if you have concerns about your child’s hearing, please contact your local Preschool Speech and Language Program, listed on the back of this brochure</p>	<p><i>By 6 months</i> Orients to sounds Startles in response to loud noises Makes different cries for different needs (i.e. hungry, tired) Watches your face as you talk Smiles/laughs in response to your smiles and laughs Imitates coughs or other sounds (e.g. “ah”, “eh”, “buh”)</p>
<p><i>By 9 months</i> Responds to his/her name Responds to the telephone ringing or a knock at the door Understands being told “no” Gets what s/he wants through gestures (e.g. reaching to be picked up) Plays social games with you (e.g. “Peek-A-Boo”) Enjoys being around people Babbles and repeats sounds such as “babababa” or “duhduhduh”</p>	<p><i>By 12 months</i> Follows simple one-step directions (e.g. “sit down”) Looks across the room to a toy when adult points at it Consistently uses 3 to 5 words Uses gestures to communicate (e.g. waves hi/bye, shakes head “no”) Gets your attention using sounds, gestures and pointing while looking at your eyes Brings you toys to show you “Performs” for social attention and praise Combines lots of sounds together as though talking (e.g. “abada baduh abee”) Shows an interest in simple picture books</p>
<p><i>By 18 months</i> Understands the concepts of “in & out”, “off & on” Points to several body parts when asked Uses at least 20 words consistently Responds with words or gestures to simple questions (e.g. “Where’s teddy?”, “What’s that?”) Demonstrates some pretend play with toys (e.g. gives teddy a drink, pretends a bowl is a hat) Makes at least 4 different consonant sounds (e.g. p, b, m, n, d, g, w, h) Enjoys being read to and sharing simple books with you Points to pictures using one finger</p>	<p><i>By 24 months</i> Follows two-step directions (e.g. “Go find your teddy bear and show it to Grandma”) Uses 100-150 words Uses at least two pronouns (e.g. “you”, “me”, “mine”) Consistently combines 2 to 4 words in short phrases (e.g. “Daddy hat”, “truck go down”) Enjoys being around other children Begins to offer toys to peers and imitate other children’s actions and words Words are understood by others 50% to 60% of the time Forms words/sounds easily and effortlessly Holds books the right way up and turns pages “Reads” to stuffed animals or toys Scribbles with crayons</p>

<p><i>By 30 months</i> Understands the concepts of size (big/little) and quantity (a little/a lot, more) Uses some adult grammar (e.g. “two cookies”, “bird flying”, “I jumped”) Uses over 350 words Uses action words (e.g. run, spill, fall) Begins taking short turns with peers, using both words and toys Demonstrates concern when another child is hurt/sad Combines several actions in play (e.g. feeds doll and then puts her to sleep, puts blocks in train then drives train, drops blocks off) Puts sounds at the start of most words Produces words with two or more syllables or beats (e.g. “ba-na-na”, “com-pu-ter”, “a-pple”) Recognizes familiar logos and signs involving print (e.g. golden arches of McDonalds, “Stop” sign) Remembers and understands familiar stories</p>	<p><i>By 36 months</i> Understands “who”, “what”, “where” and “why” questions Creates long sentences (e.g. using 5 to 8 words) Talks about past events (e.g. trip to Grandparents’ house, day at childcare) Tells simple stories Shows affection for favourite playmates Engages in multi-step pretend play (e.g. pretending to cook a meal, repair a car, etc.) Understood by most people outside of the family most of the time Aware of the function of print (e.g. in menus, lists, signs) Beginning interest in, and awareness of, rhyming</p>
<p><i>By 48 months</i> Follows directions involving 3 or more steps (e.g. “First get some paper, then draw a picture, last give it to Mom”) Uses adult-type grammar Tells stories with a clear beginning, middle and end Talks to try to solve problems with adults and other children Demonstrates increasingly complex imaginative play Understood by strangers almost all of the time Able to generate simple rhymes (e.g. “cat-bat”) Matches some letters with their sounds (e.g. “letter T says ‘tuh’)</p>	<p><i>By 60 months</i> Follows group directions (e.g. “All the boys get a toy”) Understands directions involving “if...then” (e.g. “If you’re wearing runners, then line up for gym”) Describes past, present and future events in detail Seeks to please his/her friends Shows increasing independence in friendships (e.g. may visit neighbour by him/herself) Uses almost all of the sounds of their language with few to no errors Knows all the letters of the alphabet Identifies the sounds at the beginning of some words (e.g. “Pop starts with the ‘puh’ sound”)</p>

Appendix L: Autism Spectrum Disorder

Developmental Surveillance: Focus on 18-36 Months: Approach to Children with Identified Developmental Difficulty By Wendy Roberts and Anita Jethwa

When a child has specific delays in communication and is not using verbal or nonverbal means to share interest with other people by 12 months of age there is cause for concern, and a careful diagnostic appraisal needs to be done from a developmental point of view. Similarly, any child who loses the use of language or social skills, particularly between the age of 9 and 24 months, needs to be looked at very carefully. When the absolute indicators for immediate evaluation are met, consideration must be given as to whether the child could have an Autism Spectrum Disorder (ASD).

The term Autism Spectrum Disorder is now replacing the term Pervasive Developmental Disorder (PDD) since Pervasive Developmental Disorder has become a confusing term for parents. Some parents have been given the diagnosis of PDD, and are then shocked a couple of years later to find out that, in fact, their child has autism. The use of the term Autism Spectrum Disorder allows the idea of progress and skill development during the initial labelling process, shifting the child in a positive direction along the spectrum. Parents may be less likely to feel that the autistic label is a permanent life sentence. Research has shown that even experienced professionals are not reliably able to differentiate between the various types of Pervasive Developmental Disorder particularly in the preschool years. The term "high functioning" has become confusing because it may be used to describe a child who is either intellectually high functioning or who has less autistic symptoms.

Early identification of an Autism Spectrum Disorder is critical since outcome has been shown to be quite different if children have intensive input in the preschool years. Many high functioning children have been missed in the past because, particularly with parent's scaffolding and support, observed interactions between the child and parent during a short visit to the clinic have failed to show any outstanding abnormality. A prolonged period of observation (e.g., 5–10 minutes) of the child in a play situation is needed.

Glascoc has shown that parent's concerns are in fact very accurate and need to be paid attention to. The current 1 to 3 -year lag, documented between the time when parents are first worried and when a physician first gives a diagnosis, must be reduced.

Early Parental Concerns in Autism

- Extremes in temperament (passive to irritable)
- Poor eye contact
- Lack of or inconsistent response to name
- Difficult to engage in social play

Early Identified Behavioural Manifestations of Autism (Zwaigenbaum et al, 2005)

- Atypical early temperament (passive to extreme reactions)
- Atypical eye contact
- Atypical orientation to name
- Atypical social interest and affect
- Poor imitation skills

Some of the more classical features of autism and those seen in older children may be missing in the early years. There is not the same degree of stereotypic and compulsive behaviours. There is not the same insistence on routines and rituals. Many children are quite affectionate both in accepting and in looking for affection, and many will have eye contact particularly to get their needs met, although not sustaining eye contact for social interaction. The absence of the more typical signs has led in many cases to people making incorrect definitive statements such as, "this is definitely not autism."

When developmental delays in the social and communication are suspected in an infant or toddler it raises concern regarding the possibility of an autism spectrum disorder. These children require immediate further investigation. The best current screening tool is the Modified Checklist for Autism in Toddlers (M-CHAT). This tool was developed by Dr Diana L. Robins and her research team and was adapted from the Checklist for Autism in Toddlers (CHAT) the pioneer autism tool (Baron-Cohen et al., 1996). This checklist documents parent reports of social interest, social play, pretend play, pointing to show and bringing an object to share interest. Primary care providers should either be prepared to provide this further screening or to make appropriate referral so that further screening is completed. Specific screening for ASD at 18 to 24 months using the M-CHAT should be performed on all children with any of the following: failed items on the social/emotional/communication skills inquiry, sibling with autism, or developmental concern by parent, caregiver, or physician. If the M-CHAT is abnormal, use the M-CHAT Follow-up Interview to reduce the false positive rate and avoid unnecessary referrals and parental concern. Information regarding appropriate use of the M-CHAT tool and follow-up interview are found at: www.mchatscreen.com. (See Appendix M) Research articles that discuss the sensitivity and specificity of available screening tools for ASD can also be found on the website. Continued surveillance regarding social development is important even when the M-CHAT is initially negative.

When a child is referred on for a diagnostic assessment usually by a Developmental Paediatrician or a Psychiatrist, the clinician must be experienced and up-to-date in the assessment of autism. A diagnostic interview and observation scale must be used, in addition to either questionnaires or observing videotapes from home and a community setting. The specific use of DSM-IV criteria in children under 3 is not a reliable way to make a diagnosis. Using the DSM-IV criteria as a checklist is particularly unreliable in younger children; clinicians need to be able to interpret DSM-IV criteria and apply them in an informed age-specific manner during the history-taking process.

A unique difference in younger children with ASD is unusual sensory interests. This can include seeking of tactile input such as rubbing surfaces, squeezing balls that have different textures; dropping objects and watching them fall, or listening to them fall; watching unusual light patterns; flicking light switches on and off; and looking through their fingers at a light in the background. Sensory peculiarity may greatly limit food intake and some children will only eat very crisp food or very cold food. Many will not accept any mixtures at all. Sensory limitations from diet can lead to quite significant iron deficiency, particularly after the 18-month period.

Younger children have less of the typical autistic repetitive behaviours such as jumping, spinning, or running around in circles. Many will have subtle hand flapping or flicking and hyperextension of fingers.

Medical investigations should always include an audiological assessment with ABR's if there is any doubt about hearing. Most chromosome assessments will not reveal particular abnormalities unless there are significant dysmorphic features. The research is focusing particularly on chromosome 7 and 15, but there is no diagnostic test yet. Children will usually be screened through DNA analysis for Fragile X syndrome. If there is a history of pica, a lead level is suggested; if there is dietary restriction, look for decreased ferritin. If there is any history suggestive of a metabolic disorder then a metabolic screen should be done. Many children, especially those with disturbed sleep and those with significant regression, will have abnormalities on an overnight EEG. An awake EEG is not helpful, and most sleep deprived EEG's are difficult to interpret.

When autism is suspected, intervention must be urgent and intrusive. It involves the working together of a team that must include parents. If a child is under 2 years, a referral to the Infant Development Program so that work can start in home in terms of teaching skills to parents and working with the child to develop social reciprocity and communication. The Preschool Speech and Language Initiative needs to be involved with the speech pathologist being a key member of the team. The Hanen Parent Program "More Than Words" has been very helpful to give parents intensive education and modeling of intrusive interaction leading to the understanding of communication starting in the child. The Regional Autism Services Program and the Preschool Behavioural Autism Program should be contacted so that the child can be assessed for eligibility. Parent support and education programs run through the Geneva Centre in Toronto, which is a Children's Mental Health Centre for children with autism, as well as local autism services, such as Autism Ontario can be helpful.

During the last few years we have learned more about autism and have seen the results of early intervention. It is clear that children can do better when they are detected at an earlier age, when families are able to access more support and more financial aid for both their child's education and respite care when it is needed. In the long term, society will pay less as children do better and families cope better.

Appendix M: Checklist for Autism in Toddlers (CHAT)

Instructions and Permissions for Use of the M-CHAT™

The Modified Checklist for Autism in Toddlers (M-CHAT; Robins, Fein, & Barton, 1999) is available for free download for clinical, research, and educational purposes. There are two authorized websites: the M-CHAT and supplemental materials can be downloaded from www.firstsigns.org or from Dr. Robins' website, at <http://www.mchatscreen.com>

Users should be aware that the M-CHAT continues to be studied, and may be revised in the future. Any revisions will be posted to the two websites noted above.

Furthermore, the M-CHAT is a copyrighted instrument, and use of the M-CHAT must follow these guidelines:

- (1) Reprints/reproductions of the M-CHAT must include the copyright at the bottom (© 1999 Robins, Fein, & Barton). No modifications can be made to items or instructions without permission from the authors.
- (2) The M-CHAT must be used in its entirety. There is no evidence that using a subset of items will be valid.
- (3) Parties interested in reproducing the M-CHAT in print (e.g., a book or journal article) or electronically (e.g., as part of digital medical records or software packages) must contact Diana Robins to request permission (drobins@gsu.edu).

Instructions for Use

The M-CHAT is validated for screening toddlers between 16 and 30 months of age, to assess risk for autism spectrum disorders (ASD). The M-CHAT can be administered and scored as part of a well-child check-up, and also can be used by specialists or other professionals to assess risk for ASD. The primary goal of the M-CHAT was to maximize sensitivity, meaning to detect as many cases of ASD as possible. Therefore, there is a high false positive rate, meaning that not all children who score at risk for ASD will be diagnosed with ASD. To address this, we have developed a structured follow-up interview for use in conjunction with the M-CHAT; it is available at the two websites listed above. Users should be aware that even with the follow-up questions, a significant number of the children who fail the M-CHAT will not be diagnosed with an ASD; however, these children are at risk for other developmental disorders or delays, and therefore, evaluation is warranted for any child who fails the screening.

The M-CHAT can be scored in less than two minutes. Scoring instructions can be downloaded from <http://www.mchatscreen.com> or www.firstsigns.org. We also have developed a scoring template, which is available on these websites; when printed on an overhead transparency and laid over the completed M-CHAT, it facilitates scoring. Please note that minor differences in printers may cause your scoring template not to line up exactly with the printed M-CHAT.

Children who fail more than 3 items total or 2 critical items (particularly if these scores remain elevated after the follow-up interview) should be referred for diagnostic evaluation by a specialist trained to evaluate ASD in very young children. In addition, children for whom there are physician, parent, or other professional's concerns about ASD should be referred for evaluation, given that it is unlikely for any screening instrument to have 100% sensitivity.

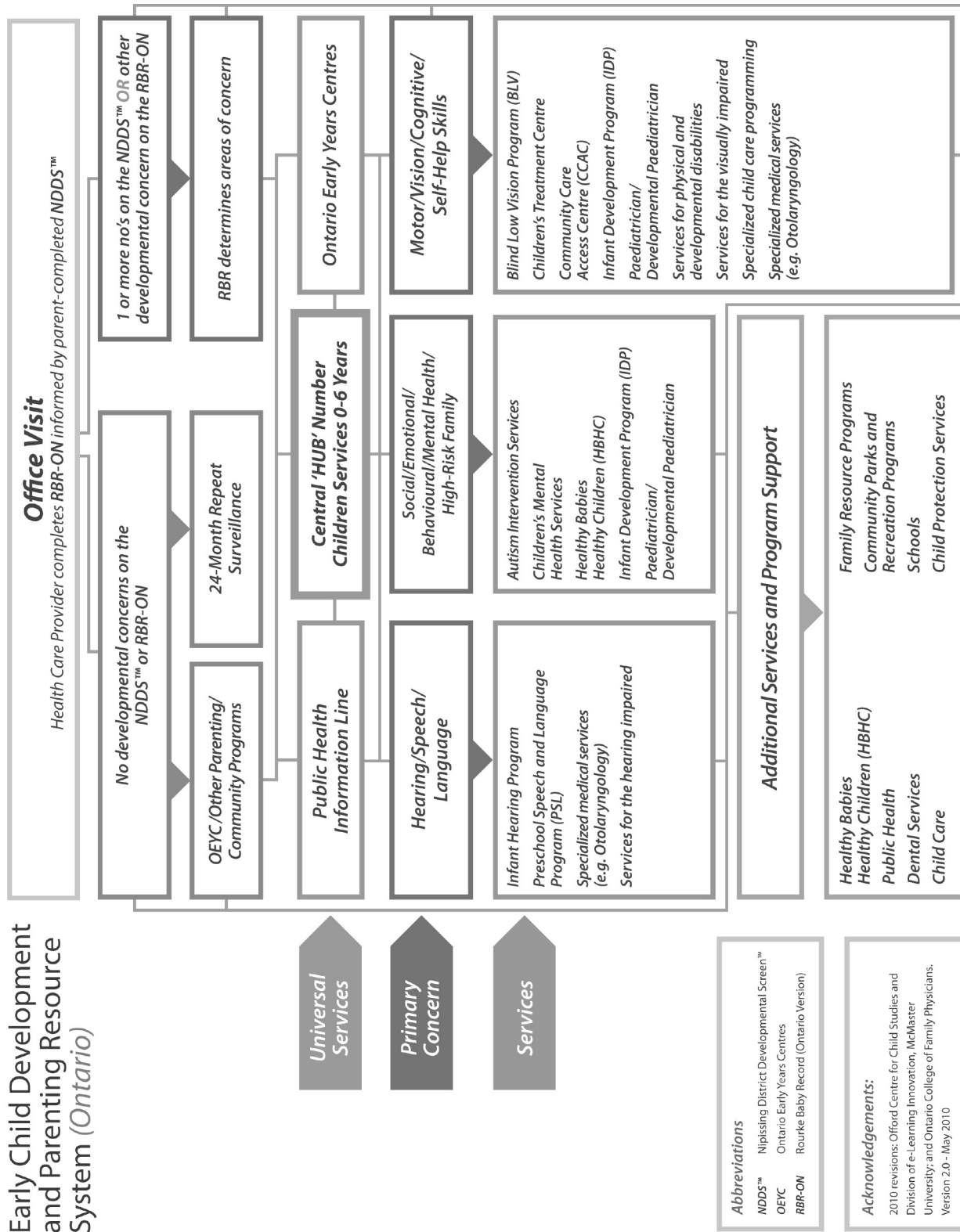
M-CHAT

Please fill out the following about how your child usually is. Please try to answer every question. If the behavior is rare (e.g., you've seen it once or twice), please answer as if the child does not do it.

- | | | |
|--|-----|----|
| 1. Does your child enjoy being swung, bounced on your knee, etc.? | Yes | No |
| 2. Does your child take an interest in other children? | Yes | No |
| 3. Does your child like climbing on things, such as up stairs? | Yes | No |
| 4. Does your child enjoy playing peek-a-boo/hide-and-seek? | Yes | No |
| 5. Does your child ever pretend, for example, to talk on the phone or take care of a doll or pretend other things? | Yes | No |
| 6. Does your child ever use his/her index finger to point, to ask for something? | Yes | No |
| 7. Does your child ever use his/her index finger to point, to indicate interest in something? | Yes | No |
| 8. Can your child play properly with small toys (e.g. cars or blocks) without just mouthing, fiddling, or dropping them? | Yes | No |
| 9. Does your child ever bring objects over to you (parent) to show you something? | Yes | No |
| 10. Does your child look you in the eye for more than a second or two? | Yes | No |
| 11. Does your child ever seem oversensitive to noise? (e.g., plugging ears) | Yes | No |
| 12. Does your child smile in response to your face or your smile? | Yes | No |
| 13. Does your child imitate you? (e.g., you make a face-will your child imitate it?) | Yes | No |
| 14. Does your child respond to his/her name when you call? | Yes | No |
| 15. If you point at a toy across the room, does your child look at it? | Yes | No |
| 16. Does your child walk? | Yes | No |
| 17. Does your child look at things you are looking at? | Yes | No |
| 18. Does your child make unusual finger movements near his/her face? | Yes | No |
| 19. Does your child try to attract your attention to his/her own activity? | Yes | No |
| 20. Have you ever wondered if your child is deaf? | Yes | No |
| 21. Does your child understand what people say? | Yes | No |
| 22. Does your child sometimes stare at nothing or wander with no purpose? | Yes | No |
| 23. Does your child look at your face to check your reaction when faced with something unfamiliar? | Yes | No |

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Appendix N: 18 Month Visit Flowchart



Early Child Development
and Parenting Resource
System (Ontario)

Appendix 0: Developmental Issues in an Older Child

TEACHING CASE REPORT

Why every office needs a tennis ball:

a new approach to assessing the clumsy child

The Case: A 7-year-old boy is brought to your office by his mother at the urging of his school. Although he reads extremely well and seems to understand material that is taught, he has great difficulty producing written work, initiating and finishing tasks and participating in gym class. He has trouble sitting still, often bumps into things and other people, and his behaviour is interfering with his academic progress. Socially he is isolated, especially on the school playground, where he avoids physical activity. After educational testing, the learning resource teacher concludes that there is no evidence of a learning disability. The patient appears to be a healthy, communicative boy who slouches noticeably in his chair. His mother is teary and anxious when describing his continuing difficulties.

What is your differential diagnosis? How would you assess this child?

Motor coordination problems in otherwise healthy children of normal intelligence are common. Such children are often noted by parents, caregivers and teachers to have problems with daily tasks such as dressing themselves, to trip when they run, to spill things frequently and to have messy handwriting and drawing. They may be labelled as “clumsy,” “awkward” and “lazy.” Research has shown that children with these motor coordination problems often end up with serious academic and social impairments and problems with self-esteem. Developmental coordination disorder (DCD) is the term used when a child’s delayed motor skill development affects his or her ability to perform age-appropriate daily activities (Box 1).

A total of 5%–6% of children meet the criteria for DCD.¹ This means that,

on average, at least 1 child in every primary school classroom is affected. Children with DCD are more likely than their peers to experience learning, emotional and behavioural problems (including learning disabilities, anxiety and attention-deficit hyperactivity disorder). Further, the deficits of DCD usually persist through adolescence and into adulthood. Early recognition of the condition by primary care providers may reduce its ultimate academic, emotional and behavioural impact.

Epidemiology and natural history

DCD is commonly diagnosed after age 5, when minor motor problems (often noted when the child was young) are highlighted by the structured demands of a school environment.² The ratio of boys to girls varies from 2:1 to 5:1, depending on the group studied. The cause of DCD is poorly understood, since the results of genetic studies, im-

aging tests and other laboratory investigations are all inconclusive.

Children with DCD may appear to be inattentive because they have difficulty stabilizing their bodies and joints, so they look restless. They may also actively avoid tasks that require motor skills and become anxious in social situations. DCD and attention-deficit hyperactivity disorder frequently occur together, but the contribution of the motor difficulties to children’s academic and social problems is often overlooked.

Although the pathophysiology is unknown, affected children appear to have underlying difficulties in *motor planning* (planning movements such as sitting down on a chair or figuring out how to jump), the *timing and amount of force* needed during movement (e.g., using too much or too little force to pick things up, being late reaching to catch a ball), and the *integration of information* from sensory and motor systems (e.g., relying heavily on visual information to climb stairs or fasten buttons).³ Children may also show poor balance, slow reaction and movement times, and difficulty executing fine motor skills needed for performing self-care activities, handwriting and drawing.²

The natural history of DCD is of con-

Box 1: Diagnostic criteria for developmental coordination disorder¹

- A. Performance in daily activities that require motor coordination is substantially below that expected, given the person’s chronological age and *measured* intelligence. This may be manifested by:
 - Marked delays in achieving motor milestones (e.g., walking, crawling, sitting)
 - Dropping things
 - Clumsiness
 - Poor performance in sports
 - Poor handwriting
- B. The disturbance in criterion A significantly interferes with academic achievement or activities of daily living
- C. The disturbance is not due to a general medical condition (e.g., cerebral palsy, hemiplegia or muscular dystrophy) and does not meet criteria for a pervasive developmental disorder
- D. If mental retardation is present, the motor difficulties are in excess of those usually associated with it

Note: For a comprehensive review of the examination of clumsiness in children, please refer to the article by Hamilton.²

cern, not because of the motor coordination problem itself but because of its impact on everyday activities and participation. Parents express concern about coordination difficulties when the child is young, but by early school age, these concerns are more evident as problems with self-care and academic activities. By the end of elementary school, social isolation, poor self-image and victimization are evident. Physical health concerns (childhood obesity and reduced physical fitness) and mental health problems (anxiety and depression) are commonly noted by early adolescence (Fig. 1).

Screening

Annual health examinations are ideal times to screen for DCD. Parents can be asked to complete a self-administered

questionnaire (see example in Appendix 1, available at www.cmaj.ca/cgi/content/full/175/5/471/DC1), or the physician can conduct a structured interview, listening for difficulties commonly associated with DCD. In addition, the physician can assess the child using simple screening activities administered in his or her office (see Appendix 2, available at www.cmaj.ca/cgi/content/full/175/5/471/DC1). Children with symptoms or signs of a motor coordination disorder require further evaluation.

An assessment that takes into account the differential diagnosis of DCD (Box 2) is necessary, since DCD is a diagnosis of exclusion. Elements of the child's history, physical examination and laboratory test profile that would make alternate diagnoses more likely are indicated.

Referral and treatment

Early referral to an occupational therapist or pediatric multidisciplinary team can help confirm the diagnosis and rule out comorbid conditions such as speech or language difficulties, attentional problems, learning difficulties and mental health problems. This type of team can also help devise early management plans that may improve the child's developmental outcomes. Successful treatment approaches involve various allied health professionals, and the child's parents, physician and teachers.^{2,3}

Armed with a diagnosis of DCD, parents are in a position to advocate for their child and to adapt their child's environment to encourage independence and self-esteem. Children with DCD lack confidence in situations where motor

Age, yr	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Motor	Delays in fine and gross motor skills; late riding tricycle; cannot catch or throw ball with accuracy; cannot ride bicycle; difficulty jumping or skipping; decreased fitness															
Self-care	Difficulty using utensils; needs help dressing and grooming; cannot tie shoes or do zippers and buttons; messy eater, cannot cut meat															
Academic	Awkward pencil grasp; difficulty completing written work; gap between verbal ability and performance on evaluations; frustration with writing and homework															
Social	Limited participation in sports and extracurricular activities; tends to watch instead of participating; victimization/ bullying; social isolation →															
Behavioural/ emotional	Behavioural <ul style="list-style-type: none"> • Avoids active play and fine motor activities • Dislikes sports and active recreation • Is frustrated and avoids tasks → 								Emotional <ul style="list-style-type: none"> • Self-deprecating comments • Decreased self-esteem • Poor perceived competence • Anxious, depressed, withdrawn → 							

Fig. 1: Concerns typically noted by parents of children with developmental coordination disorder at different ages.

skills are required. Simple changes such as Velcro fasteners instead of buttons and laces can speed up dressing. Physical activities that naturally incorporate repetition and a constant environment, such as swimming, can be encouraged rather than team games. Teachers can reduce a child's stress and encourage academic progress by "matching" the child's abilities to the task. For example, reducing writing requirements, giving more time to complete tasks and encouraging different roles in physical education class can be helpful.⁴ Resources containing teaching tips and strategies for parents and educators can be found at the *CanChild* Centre for Childhood Disability Research (www.canchild.ca).

The case revisited

Physical examination reveals that the patient has normal hearing and vision,

is slightly overweight and has low muscle tone (slouches and has unstable posture in sitting and standing positions). Administration of the screening activities shows that the boy's one-legged balance is poor. His pencil grasp is awkward, he uses excessive pressure, and his printing is slow. His sitting posture at the desk is "floppy" and he props his head upright by leaning on his other hand. The patient is unable to bounce and catch a tennis ball (see video clip, available at www.cmaj.ca/cgi/content/full/175/5/471/DC2).

In the parent questionnaire, the mother indicates that her son has great difficulty with many motor-based activities, is slow to learn new motor skills and becomes easily frustrated. Further questions about his disruptive behaviour in the classroom reveal that he misbehaves only when written work is required; he is not otherwise inattentive.

Box 2: Differential diagnosis of developmental coordination disorder (DCD)

The physician should systematically establish the presence or absence of other disorders that can be associated with motor incoordination, including:

- Genetic disorder (e.g., Down syndrome)
- Neurologic disorder (e.g., cerebral palsy)
- Degenerative condition (e.g., Duchenne's muscular dystrophy, brain tumour)
- Musculoskeletal disorder (e.g., Legg-Perthes disease)
- Physical impairment (e.g., impaired visual acuity)
- Cognitive impairment (e.g., developmental delay)
- Pervasive developmental disorder (e.g., autism)
- Injury (e.g., traumatic brain injury)
- Environmental contaminant (e.g., lead, pesticides)

If any of the following are present, the coordination difficulties are probably *not* DCD:

- History of recent head injury or trauma
- History of deterioration (child has "lost" motor skills that he or she used to have)
- History of headaches, eye pain, blurred vision
- History of global developmental delays
- Increased muscle tone, fluctuating tone or significant hypotonia
- Asymmetry of tone or strength
- Musculoskeletal abnormality
- Neurocutaneous lesion
- Avoidance of eye contact, unwilling to engage socially
- Gowers' sign (difficulty rising to a standing position)
- Ataxia, dysarthria
- Absence of deep tendon reflexes
- Dymorphic features
- Visual impairment (untreated)

DCD is diagnosed. The physician provides the boy's parents with a variety of educational materials and suggests a referral to an occupational therapist and a review in 3 months.

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ADDITIONAL RESOURCES

- *CanChild* Centre for Childhood Disability Research (www.canchild.ca): educational material for parents, teachers, service providers and members of the community available free
- DCD PACK — Physician Allied Health Collaboration Kit (www.dcdpack.ca [enter "dcdpack" as username and "dcdchild" as password]): educational material for primary care physicians

Appendix P: Pediatric Nutrition Guidelines for Primary Health Care Providers

When a child presents with several red flags, it is recommended to refer the caregiver to a registered dietitian (RD) for a nutritional assessment.

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
<p>Birth to 6 months</p>	<ul style="list-style-type: none"> • Sucks well on nipple (1) • Finishes each feeding within 45 minutes by 4 months (1) • Signs of hunger in newborns are increased alertness or activity, mouthing or rooting. Crying is a late indicator of hunger (2) 	<ul style="list-style-type: none"> • Exclusive breastfeeding is recommended for the first 6 months for healthy term infants (3,4) • Encourage parents to feed whenever baby show signs of hunger (2) • Encourage parents to hold their baby during feedings and make eye contact (5) • Breastfed or partially breastfed infants drinking less than 1 L (32 oz) formula should receive a daily vitamin D supplement of 400 IU (10 µg) (3, 6) • Dark-skinned infants and infants whose mothers enter pregnancy and lactation with low vitamin D status are particularly at risk for developing vitamin D deficiency rickets, 6 therefore it is important to promote the recommendation for adequate vitamin D to these parents • If an infant is not breastfed or is partially breastfed, cow's milk-based iron-fortified infant formulas are the most acceptable alternative (3,7) • Hypoallergenic formula should be given if allergy to milkbased formula is suspected (8) • Soy-based formula should be given to infants who cannot take dairy-based products for health, cultural, religious or personal reasons, such as vegan lifestyle or galactosemia (3) • Research has shown that there is no link between ironfortified infant formula and constipation (8,9) • Breastfed infants tend to become leaner than formula-fed infants after 3-4 months This should be anticipated when assessing growth to avoid unnecessary supplementation with formula or early introduction of solids (7,11) • Fruit juice, water or any beverages other than breastmilk or formula should not be given (3,4,7) • To prevent infant botulism, honey should not be given under 1 year (3) • For the prevention of allergy, the avoidance of solid food for a least 4 months and preferably 6 months is recommended (10) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (failure to thrive)(11) • Newborn not being fed whenever they show signs of hunger (2) • Healthy, full term breastfed infant: <ul style="list-style-type: none"> – Loses more than 7% of birth weight – Does not regain birth weight by 10 days – Does not have at least 3 bowel movements each day after day 1 – Does not have at least 6 wet diapers each day by day 4 with urine that is clear or pale yellow (12) • During the first 4 months, infant not being fed frequently (3) • Exclusively breastfed infant is not receiving a vitamin D supplement, particularly those at risk (3,6) • Infant formula is not iron-fortified (3) • Liquids (including water) or solids other than breastmilk or iron-fortified formula are given before 4 months (6 months is recommended) (3,10) • Infant is fed using a propped bottle (3,6) • Infant cereal is given in a bottle (3,7) • Private well water used for infant feeding is not being regularly tested (3) • For the first 4 months, water for infant formula is not brought to a rolling boil for 2 minutes (3) • Infant formula is not being mixed correctly (i.e., correct dilution)

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
6-9 months	<ul style="list-style-type: none"> • At 6 months, babies are physiologically and developmentally ready for ready for solid foods (3) • Sits independently for a short time (3) • Drinks from a cup held by an adult (7) • Eats soft food from a spoon or adult's fingers (1) • Uses both hands to hold a bottle (13) • Prefers parents to feed (13) • Plays with spoon (7) • Initial refusal of new flavours and textures is not uncommon. It may take 3-10 offerings before an infant accepts a new food (7) • Finger-feeding can be introduced (13) • By 9 months, picks up small items using thumb and first finger (e.g., oat ring cereal) (1) • Some infants have a more sensitive gag reflex and may not tolerate anything but pureed foods at first (8) 	<ul style="list-style-type: none"> • Continued breastfeeding is recommended (3,4) • If infant is not breastfed or is partially breastfed, cow's milk-based iron-fortified infant formulas are the most acceptable alternative until 9-12 months (3,7) • For infants unable to take cow's milk products, give commercial soy formula until 2 years (3) • At 6 months, introduce iron-containing foods, such as iron-fortified cereals (3,4) (see "Dietary sources of iron" below). Introduce vegetables and fruit next. At about 9 months, introduce whole cow's milk and milk products (3,14) • Introduce one new food at a time with an interval of 2-7 days before introducing another to allow infant to acquire a taste for a new food and make it easier to identify the cause of an allergic reaction (7,14) • Start with small serving sizes (1-3 tsp) (7) • Complementary foods should initially be provided 2-3 times a day (14) • Infants will indicate hunger or satiety. Forced feeding may promote negative associations with eating (7) • Mealtime environment should be free of distractions such as television and activities (17) • Gradually offer food with more texture, progressing from purée to mashed and then to soft finger foods of about 1/4 inch pieces (8,14) • Offer some breastmilk or formula in a cup. Use a cup regularly with meals by 8 months (8) • Wait until 1 year to introduce egg white to minimize the risk of allergic reactions (3) • Honey should not be given under 1 year (3) • Coffee, tea, cola and hot chocolate should not be given (3) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (11) • Breastfed or partially breastfed infant drinking less than 32 oz (1 L) formula not receiving a vitamin D supplement, particularly those at risk (3,6) • Infant formula is not being mixed correctly (i.e., correct dilution) (7) • Cow's milk is given instead of breastmilk or infant formula (3) • Iron-containing foods have not been introduced by 7 months (3,15) • Infant is not eating willingly or parents imply that they force-feed (7) • Infant is drinking more than 4 oz (125 mL) of fruit juice per day (14,16) • Fruit drinks, pop, coffee, tea, cola, hot chocolate, soy beverage, other vegetarian beverages, herbal tea or herbal products, egg white or honey is given (3) • Infant cereal is given in a bottle (3,7) • Infant is fed using a propped bottle (3,7)

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
9-12 months	<ul style="list-style-type: none"> • Begins to take an active independent role in feeding (8) • Assists with spoon; some become independent (13) • Refining pincer grasp (13) • Can hold cup and suck or sip contents, but may spill (8, 7, 13) • More willing to accept lumpy textures, especially when self-feeding (8) • Initial refusal of new flavours and textures is common. It may take up to 10 offerings before infant accepts a new food (8) • Licks food from lower lip (7) 	<ul style="list-style-type: none"> • Continued breastfeeding is recommended (3,4) • Breastfed babies should receive a daily vitamin D supplement until the infant's diet includes at least 400 IU (10 µg)/day from other dietary sources (see "Dietary sources of vitamin D" below) or until 1 year (3,6) • Between 9-11 months, increase the number of times infants are fed complementary foods to 3-4 times a day (14) • Parents/caregivers should encourage self-feeding by offering more textured finger/table foods (7,14) • Include baby at the table for family mealtimes (17) • Mealtime environment should be free of distractions like television and activities (17) • Whole (3.25%) cow's milk can complement or replace breastmilk or replace formula between 9-12 months. (3,14) 1% or 2% milk is not recommended until age two. (3) Skim milk is inappropriate before age two (3) • Limit deli and luncheon meats such as hot dogs, bacon and smoked meat (18) • Fruit juice offers no nutritional benefits over whole fruit (16) • Offer a cup with breastmilk, formula, cow's milk, 100% juice or water during meals so that a natural transition from bottle to cup will take place (8,7) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (11) • Breastfed or partially breastfed infant drinking less than 1 L (32 oz) formula not receiving a vitamin D supplement, particularly those at risk (3,6) • At 10 months, consistently refuses lumpy or textured foods (15) • Infant is not supervised during feeding (3) • Drinks juice in a bottle or a transportable covered cup that allows the baby to consume juice • Fruit drinks, pop, coffee, tea, cola, hot chocolate, soy beverage, other vegetarian beverages, herbal tea or herbal products, egg white or honey is given (3)
12-18 months	<ul style="list-style-type: none"> • Picks up and eats finger foods (1) • Grasps spoon with whole hand (13) • Holds cup with 2 hands (13) • Holds and tips bottle (13) • Compared with the first year of life, a decreased or sporadic appetite is common (7) • Unfamiliar foods are often rejected the first time (7) 	<ul style="list-style-type: none"> • Whole (3.25%) cow's milk can complement or replace breastmilk or replace formula. 1% or 2% milk is not recommended until age two. (3) Skim milk is inappropriate before age two (3) • If soy formula is given to babies who cannot take dairy-based products, continue until 2 years. (3) Soy beverage, rice milk or other vegetarian beverages are not recommended under 2 years due to low fat content (3) • At 12 months, babies should have a daily intake of 5 µg (200 IU) of vitamin D 3 which they can get with 2 cups (500 mL) of milk (see "Dietary sources of vitamin D" below). A supplement may need to be recommended (3, 6) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (11) • Breastfed child not receiving a vitamin D supplement (3,6) • Skim milk is regularly given (3) • Drinking liquids primarily from a baby bottle (15) • Not eating a variety of table foods (3) • Consistently refuses lumpy or textured foods (15) • At 15 months, does not finger/self feed (3,15,17) • Parents not recognizing and responding to the child's verbal and non-verbal hunger cues (3) • Child is not supervised during feeding (3,17)

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
12-18 months		<ul style="list-style-type: none"> • Drinking too much milk can lead to iron deficiency. Babies 12 months or older should drink 16-24 oz (500-750 mL) milk /day (19) • Parents should encourage child to feed themselves at the beginning of a meal when they are hungry, but help if they tire later in the meal (3) • The child should be included at family mealtimes (17) • Continue to provide 3-4 meals a day. Additional nutritious snacks may be offered 1-2 times a day (14) • By 12 months, babies should be eating a variety of foods from each of the four food groups of Canada’s Food Guide (3,7) • If a child is eating according to the Food Guide, is growing well and is healthy, vitamin/mineral supplements are rarely necessary. The nutrient of greatest concern during this period is iron (20) • The development of healthy eating skills is a shared responsibility: parents and caregivers should provide a selection of nutritious, age-appropriate foods, and decide when and where food is eaten; babies and children should decide how much they want to eat. Pressuring a child to eat may lead to overeating or the development of aversions to certain foods (3,7,17) • Fruit juice offers no nutritional benefits over whole fruit (16) • Excessive fruit juice consumption may be associated with diarrhea, flatulence, abdominal distension, tooth decay and poor weight gain (8,17) • Fruit drinks and pop are not recommended as they displace nutrient-dense foods and beverages. Encourage parents to offer water (17) 	<ul style="list-style-type: none"> • Excessive fluid consumption, e.g., milk (more than 24 oz a day¹⁹), juice (more than 4-6 oz a day¹⁶), pop and fruit drinks (3,7)
18-24 months	<ul style="list-style-type: none"> • Chews broad range of food (13) • Self-feeding predominates (13) • Displays curiosity and desire to be independent (7) • Decreased or sporadic appetite is common (7) • Food neophobia (fear of the new) increases through early childhood and then declines. (21) Unfamiliar foods are often rejected the first time (7) 	<ul style="list-style-type: none"> • Small, nutritious, frequent and energy-dense feedings are important to meet nutrient and energy needs (3) • Avoid foods with the potential to cause choking (see “Choking and aspiration” below) (3, 7,17) • Limit deli and luncheon meats such as hot dogs, bacon and smoked meat (18) • Parents should role model healthy eating and introduce age-appropriate table manners (8) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (11) • Not eating a variety of table foods (3) • Skim milk is given regularly (3) • Soy beverage, rice milk, other vegetarian beverages or herbal teas are given (3) • Child is not supervised when eating (3,17) • Child does not finger/self feed (3,15,17)

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
18-24 months	<ul style="list-style-type: none"> • Food likes and dislikes become prominent (7) • Tend to go on food jags (refusal of all but 4 or 5 favourite foods over an extended period) (17) • In non-controlling, non-coercive conditions, healthy children have the ability to self-regulate the amount of food and energy consumed (22) 	<ul style="list-style-type: none"> • Let the child assume responsibility for how much to eat. Forcing a child to clean their plate may lead to overeating or the development of aversions to certain foods (7,17) • 15-20 minutes is an appropriate length of time to stay at the table (17) • If a child is eating according to the Food Guide, is growing well and is healthy, vitamin/mineral supplements are rarely necessary. The nutrient of greatest concern during this period is iron (20) • Limit fluids such as juice and milk between meals (7) • Fruit drinks and pop are not recommended as they displace nutrient-dense foods and beverages. Encourage parents to offer water (17) 	<ul style="list-style-type: none"> • Drinking liquids primarily from a baby bottle (15) • Parents pressure or reward child to eat (17) • Child “grazes” on food all day (17) • Excessive fluid consumption, e.g., milk (more than 24 oz a day (19)), juice (more than 4-6 oz a day (16)), pop and fruit drinks (3,7)
2-3 years	<ul style="list-style-type: none"> • By 2 years, eats most foods without coughing and choking (1) • By 2 years, eats with a utensil with little spilling (1) • By 30 months, lifts and drinks from a cup and replaces it on the table (1) • May be resistant to new foods (17) • Food preferences increase with frequency of exposure. It may take 5-15 exposures to a new food before a child learns to like it (21,23) • It is normal for children to lose interest in mealtimes. When hungry, they will focus on eating. When satisfied, their attention turns elsewhere (7,18) 	<ul style="list-style-type: none"> • Children aged 2 and older can get the nutrients and calories they need for healthy growth and development by following Canada’s Food Guide (18) • Canada’s Food Guide recommends that children aged 2-3 eat 2 cups (500 mL) of vegetables and fruit each day (18) (see “Pesticides on vegetables and fruit” below for ways to minimize pesticide residues) • Offer 2 cups (500 mL) of milk or fortified soy beverage a day to help meet the vitamin D requirement (18) • Offer a variety of nutritious foods, including some choices that contain fat such as milk and peanut butter (18) • Serve small, nutritious meals and snacks and allow the child to ask for seconds (8,18) • Structure and routine for eating is important for young children. Grazing between meals and snacks should be limited (17) • The amount of food eaten will vary day to day depending on the child’s appetite, activity level and whether they are experiencing a growth spurt, or if they are excited or overly tired (18) • Let the child assume responsibility for how much to eat. Forcing a child to clean their plate may lead to overeating or the development of aversions to certain foods (7,17,18) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles downwards (11) • BMI-for-age \geq 95th centile (11) • Drinking liquids primarily from a baby bottle 15,17 • Excessive fluid consumption, e.g., milk (more than 24 oz a day19), juice (more than 4-6 oz a day16), pop and fruit drinks (3,7) • Child does not self feed (3,15,17) • Parent not allowing the child to decide how much to eat (7,17,18) • Parents are using a highly restrictive approach to feeding (17) • “Grazes” on food or beverages throughout the day (17) • More than 2 hours of TV watching a day (24)

Age	Developmental Milestones and Feeding Skills	Guideline	Red Flag
2-3 years		<ul style="list-style-type: none"> • Encourage parents to be patient. If an unfamiliar food is rejected the first time, it can be offered again later (18) • Food should not be used as a reward (7,17,22) • Encourage parents to sit down and eat with the child, provide a pleasant setting and leave the TV off during meal times (8,18) • A multivitamin is rarely needed for a healthy child who is growing well and following Canada's Food Guide (18) • Fruit drinks and pop are not recommended as they displace nutrient-dense foods and beverages. Encourage parents to offer water (17) 	
3-6 years	<ul style="list-style-type: none"> • By age 4, looks for adult approval (1) • Food preferences increase with frequency of exposure. It may take 5-15 exposures to a new food before a child learns to like it (21, 23) • It is normal for children to lose interest in mealtimes. When hungry, they will focus on eating. When satisfied, their attention turns elsewhere (18) 	<ul style="list-style-type: none"> • Serve small, nutritious meals and snacks and allow the child to ask for seconds (8,18) • The amount of food eaten will vary day to day depending on the child's appetite, activity level and whether they are experiencing a growth spurt or if they are excited or overly tired (18) • Encourage parents to sit down and eat with the child, provide a pleasant setting and leave the TV off during meal times (8,18) • The use of external cues related to feeding such as prompts or rewards is likely to build resistance, food dislikes, and lack of self-regulation (7,17,22) • Encourage parents to be patient. If an unfamiliar food is rejected the first time, it can be offered again later (18) • Let the child assume responsibility for how much to eat. Forcing a child to clean their plate may lead to overeating or the development of aversions to certain foods (7,17,18) • Encourage parents to involve their child in simple foodrelated tasks (e.g., making muffins together) to encourage them to try these foods (18) • Fruit drinks and pop are not recommended as they displace nutrient-dense foods and beverages. Encourage parents to offer water (17) • Limit TV watching to 1-2 hours or less per day (24) 	<ul style="list-style-type: none"> • Serial growth measurements have unexpectedly crossed 2 or more centiles (11) • BMI-for-age \geq 95th centile (11) • NutriSTEP (parent administered nutrition screen for 3-5 year olds) score of 26 or greater (i.e., high nutrition risk) (25) • Parents are using a highly restrictive approach to feeding (17) • Does not self feed (3,15,17) • Not eating a variety of table foods from the four food groups in Canada's Food Guide (18) • Does not eat at regular times throughout the day (breakfast, lunch, and supper and 2-3 snacks) (17) • Drinking liquids primarily from a baby bottle (15,17) • Excessive fluid consumption, e.g., milk (more than 24 oz a day¹⁹), juice (more than 4-6 oz a day¹⁶), pop and fruit drinks (3,7) • More than 2 hours of TV watching a day (24)

General risk factors that indicate the intervention of a registered dietitian (RD) or other primary health care providers

- Family is experiencing problems around feeding – mealtimes are unpleasant; infant/child refuses many foods, or drinks excessive fluids throughout the day so is not hungry at mealtimes. Parents are possibly force feeding or offering inappropriate amounts of food.
- Parents have distorted issues with their own eating and/or body image.
- Infant/child has medical problems that make eating or drinking a problem such as swallowing issues, gagging or choking, etc.
- Infant/child has other health problems that may be related to diet such as iron deficiency anemia, constipation, obesity, or body image issues.
- Family has different beliefs related to foods (e.g., the use of herbal products, exclusion of food groups such as meat and meat alternatives, use of unsafe products such as unpasteurized milk).
- Family is low income. In order for families to access foods that will nourish them they need to have enough money.
- Family has problems with adequate food storage, cooking facilities or provision of adequate amounts of food because of lack of information.

Dietary sources of important nutrients

Dietary sources of iron: iron-fortified infant cereal, egg yolk, beef, chicken, turkey, lamb, fish, pork, legumes (beans, lentils, chick peas) and tofu. Iron from meat sources is better absorbed than iron from non-meat sources. However, as a first food, some children may not like the taste or texture of meat and refuse to eat this food. Infant cereal may have a more palatable taste and parents may be more successful starting with this type of food as a first food.

Dietary sources of vitamin D: fortified cow's milk (88 IU in 250 mL); fortified infant formula (100 IU in 250 mL); fortified plant based beverage (80 IU in 250 mL); fortified margarine (25 IU in 5 mL); salmon-cooked (103 IU in 1 oz); and egg yolk (25 IU in one). (6)

Choking and aspiration

Hard, small and round, smooth and sticky solid foods can block a young child's airway. The following foods are not safe for infants and children under 4 years of age: popcorn, hard candies, gum, cough drops, raisins, peanuts or other nuts, sunflower seeds, fish with bones, and snacks using toothpicks or skewers. The following foods are safer for infants and young children when they are prepared as described: wieners diced or cut lengthwise, grated raw vegetables or fruit, fruit with pits removed, chopped grapes, and peanut butter spread thinly on crackers or bread. Peanut butter served alone or on a spoon is potentially unsafe because it can stick in the palate or posterior pharynx leading to asphyxia. (3)

Bisphenol A

Bisphenol A (BPA) is an industrial chemical used to make a hard, clear plastic known as polycarbonate which is used in many consumer products including some baby bottles and reusable water bottles. BPA is also found in epoxy resins, which act as a protective lining on the inside of metal-based food and beverage cans. The main source of exposure for infants is from BPA migrating from the lining of cans into liquid infant formula and migrating from the polycarbonate baby bottles into the liquid inside following the addition of boiling water. Exposure levels are close to the levels where potential health effects could occur, therefore, Health Canada is working with infant formula manufacturers to reduce levels of BPA in the lining of infant formula cans and encouraging the development of alternatives. The following is the Government of Canada's advice for parents and caregivers:

- Breastmilk is the best food for optimal growth. Infant formula is still the best alternative as the nutritional benefits of infant formula far outweigh possible risk for BPA exposure.
- If using a polycarbonate bottle, water used for formula preparation should be boiled and allowed to cool to lukewarm in a non-polycarbonate container before transferring to baby bottles. This advice is consistent with proper instructions for the preparation of infant formula.
- Polycarbonate bottles can be sterilized according to instructions on infant formula labels and can be cleaned in the dishwasher. They should be left to cool to room temperature before adding the infant formula. (26)

Pesticides on vegetables and fruit

A healthy diet rich in vegetables and fruit may help reduce the risk of cardiovascular disease and some types of cancer. (18) To reduce or eliminate pesticide residues on fresh vegetables and fruit, follow these recommendations:

- Wash all fresh vegetables and fruit with running water.
- Use a small scrub brush to clean the outer skin of vegetables and fruit, if appropriate – for example, before eating apples, potatoes, cucumbers or other produce in which you eat the outer skin.
- Peel vegetables and fruit and trim the outer leaves of leafy vegetables, along with washing them thoroughly. (27)

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Produced by the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) – Family Health Nutrition Advisory Group. Revised May 2008.

Appendix Q: Key Resources and Services in Ontario

This is a selection of key healthy child development resources and services that are available across Ontario to service providers and/or the general public. A range of supports is provided, including helpful websites, documents, programs and phone lines. The emphasis is on linking to critical supports, rather than providing an extensive list of all resources and services. Resources and services are organized by category, in alphabetical order.

Bereavement Services/Supports

Contact Information	Brief Description
Perinatal Bereavement Service Ontario Phone: 888-301-7276 Website: www.pbso.ca	Support services tailored specifically to meet the special needs of perinatally bereaved families.
Canadian Foundation for the Study of Infant Deaths Phone: 800-363-7437 Website: www.sidscanada.org	Education and support services for parents and families affected by Sudden Infant Death Syndrome (SIDS).

Breastfeeding

Contact Information	Brief Description
Breastfeeding Committee for Canada Website: www.breastfeedingcanada.ca	The national authority for the WHO/UNICEF Baby-Friendly™ Hospital Initiative in Canada.
Health Canada Website: www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php	Resources and information about breastfeeding
La Leche League Canada Phone: 800-665-4324 Website: www.lalecheleaguecanada.ca	Assistance to breastfeeding women through support and education.
Ontario Breastfeeding Committee Website: www.breastfeedingontario.org	
Ontario Hospital Association Phone: 416-205-1300 Website: www.oha.com/Pages/Default.aspx	Contact information for hospital based breastfeeding clinics.

Child and Youth Mental Health

Contact Information	Brief Description
Children's Mental Health Ontario Website: www.kidsmentalhealth.ca	A provincial umbrella association representing over 80 children's mental health services.
Provincial Centre of Excellence for Child and Youth Mental Health, Children's Hospital of Eastern Ontario (CHEO) Website: www.onthepoint.ca	An organization dedicated to improving the child and youth mental health care system in Ontario through knowledge sharing and partnership building.

Child Health & Development - General

Contact Information	Brief Description
Canadian Association of Pediatric Health Centres Website: www.caphc.org	Information, knowledge & expertise, best practices, resources related to health and welfare of children, youth and their families.
Canadian Health Network – Children's Affiliate Website: www.canadian-health-network.ca/1children.html	Searchable database on child health and development, including information on play, learning, behaviour, parenting, nutrition, safety, immunization, illness and special needs.
Canadian Institute of Child Health Phone: 613-230-8838 Website: www.cich.ca	Publications and resources for parents.

<p>Healthy Babies, Healthy Children Info line: 800-268-1154, TTY 800-387-5559 Website: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx</p>	<p>Prevention and early intervention for families with children from before birth up to six years of age, including support and services.</p>
<p>Infant Mental Health Promotion Program Phone: 416-813-6062 Website: www.sickkids.on.ca/imp</p>	<p>Education, information, networking, and advocacy to support best practices for enhancing infant mental health.</p>
<p>Nipissing District Developmental Screen Phone: 705-752-5081 or 888-582-0944 Website: www.ndds.ca</p>	<p>Screening method for identifying problem areas in child development.</p>
<p>Public Health Units Info line: 800-268-1154, TTY 800-387-5559 Website: www.health.gov.on.ca/english/public/contact/phu/phu_mn.html</p>	<p>Range of preconception, prenatal and child health services.</p>
<p>Rourke Baby Record Website: www.rourkebabyrecord.ca/</p>	<p>System of care for well baby and child from birth to 5 years of age.</p>
<p>Dental Health</p>	
Contact Information	Brief Description
<p>Ontario Government Website on Dental Health: Website: www.health.gov.on.ca/english/hlinks/dental.html</p>	<p>Publications on oral health for pregnant women and children.</p>
<p>Use Children in Need of Treatment Website: www.mhp.gov.on.ca/english/health_promotion/cinot.asp</p>	
<p>Ontario Association of Public Health Dentistry Website: www.oaphd.on.ca/</p>	
<p>Fetal Alcohol Spectrum Disorder</p>	
Contact Information	Brief Description
<p>FASD Information and Consultation Service Phone: (613) 235-4048 / 800-559-4514 Website: www.ccsa.ca/Eng/KnowledgeCentre/OurDatabases/FASD/Pages/default.aspx</p>	<p>Information and resources about Fetal Alcohol Spectrum Disorder (FASD).</p>
<p>Health Canada Website: www.phac-aspc.gc.ca/fasd-etcaf/index.html</p>	<p>Resources and information about Fetal Alcohol Spectrum Disorder</p>
<p>Motherisk Alcohol and Substance Use in Pregnancy Helpline: 877-327-4636 Website: www.motherisk.org</p>	<p>Information and guidance to pregnant or lactating patients and health care providers regarding the fetal risks associated with alcohol and drug use during pregnancy.</p>
<p>Immunization</p>	
Contact Information	Brief Description
<p>Canadian Coalition for Immunization Awareness and Promotion Website: www.immunize.cpha.ca</p>	<p>Information and resources for parents and health care providers about immunization.</p>
<p>Health Canada, Immunization Division Website: www.phac-aspc.gc.ca/irid-diir/index.html</p>	<p>Immunization schedules and answers to questions about immunization.</p>
<p>Ontario Government Website: www.health.gov.on.ca/english/public/pub/immun/immunization.html</p>	<p>Information on immunization.</p>

Multiple Births	
Contact Information	Brief Description
Multiple Births Canada Phone: 705-429-0901, 866-228-8824 Website: www.multiplebirthscanada.org	Health information and support networks for multiple birth individuals and their families.
Society of Obstetricians and Gynaecologists of Canada's Multiple Births Website: www.sogc.org/health/pregnancy-multiple_e.asp	Information and links related to multiple births.
Nutrition Resources	
Contact Information	Brief Description
Canada Prenatal Nutrition Program Website: www.phac-aspc.gc.ca/dca-dea/programs-mes/cpnp_goals_e.html#what	Information and nutrition supplements during pregnancy and breast feeding.
EatRight Ontario Website: www.eatrightontario.ca	
Health Canada Eating Well with Canada's Food Guide Website: www.hc-sc.gc.ca/fin-an/food-guide-aliment/order-commander/index-eng.php#1	
Health Canada Infant Nutrition Information Website: www.phac-aspc.gc.ca/dca-dea/prenatal/nutrition_e.html	Information and links related to infant nutrition.
How to Feed your Growing Child Website: www.beststart.org/resources/nutrition/index.html	Resource on nutrition for 1-5 year old children.
NRP Website: www.nutritionrc.ca	
Parenting	
Contact Information	Brief Description
Canadian Child Care Federation Website: www.cccf-fcsge.ca/	Information and resources related to child care.
Caring for Kids, Canadian Paediatric Society Website: www.caringforkids.cps.ca	Information on caring for newborns, immunization, healthy eating, common childhood illnesses, behaviour and development, etc.
Centre of Excellence for Early Childhood Development Website: www.excellence-earlychildhood.ca/home.asp	
Child and Family Canada Website: www.cccf-fcsge.ca/home_en.html	Information and resources about children and families.
Community Action Programs for Children Website: www.phac-aspc.gc.ca/dca-dea/programs-mes/	Community based programs for families with young children.
Family Resource Programs Phone: 866-637-7226 Website: www.frp.ca	Drop-in programs, parenting groups, parent relief, toy libraries and information on caring for children, child development, health and safety, healthy eating, recreation and literacy.
Family Service Canada Phone: 800-668-7808 Website: www.familyservicecanada.org	Links to family service agencies across Canada that provide programs to help families in day-to-day living, in times of crisis, and in strengthening relationships.
Growing Healthy Canadians: A Guide to Positive Child Development Website: www.growinghealthykids.com	Information on healthy child development

Invest in Kids Phone: 877-583-5437/ 416-977-1222 Website: www.investinkids.ca	Resources and information for parents about healthy child development and parenting.
One Parent Families Association of Canada Phone: 877-773-7714 or 905-83 7098 Website: www.oneparentfamiliesassociation.ca/	Social activities and emotional support for single parents and their children, including sports and other activities.
Ontario Early Years Centres Phone: 1 866 821 7770 and TTY 1 800 387 5559 Website: www.ontarioearlyyears.ca	Support and information for parents on learning, development, and health of children birth to six years old. Links parents to needed services.
Ontario Federation of Indian Friendship Centres Phone: 416-956-7575 Website: www.ofifc.org	Support and programs for Aboriginal people on health, justice, family, and employment and training.
Rainbows Canada – Rainbows Peer Support Program Website: www.rainbows.ca/helpforfamily.aspx	
Vanier Institute of the Family Website: www.vifamily.ca	Information and commentary about families.
Physical Activity	
Contact Information	Brief Description
Best Start Resource Centre: Have a Ball Together Website: www.haveaballtogether.ca	
Canadian Society for Exercise Physiology Website: www.csep.ca	Guidelines on physical activity in pregnancy
Canada's Physical Activity Guide Phone: 888-334-9769 Website: www.phac-aspc.gc.ca/pau-uap/paguide/index.html	Information about physical activity including its benefits, risks of being inactive and ideas about various ways to increase levels on a daily basis.
Mothers in Motion Website: www.caaws.ca/mothersinmotion/home_e.html	Information for mothers with young children on how lead an active lifestyle and how to encourage children to do the same.
Society of Obstetricians and Gynecologists of Canada Guidelines Website: www.sogc.org/guidelines/public/129E-JCPG-June2003.pdf	Clinical Practice Guideline: Exercise in Pregnancy and the Postpartum Period.
Postpartum Depression and Mood Disorder Services	
Contact Information	Brief Description
Best Start Resource Centre: Life with a new baby Website: www.lifewithnewbaby.ca	
Canadian Mental Health Association Website: www.cmha.ca/bins/index.asp	Postpartum depression resource.
Centre for Addiction and Mental Health	
Our Sisters' Place Website: www.oursistersplace.ca	Support network for women, with a focus on mood disorders associated with hormonal changes throughout the lifespan.
Pregnancy and Depression Website: www.pregnancyanddepression.com	Website for professionals.
Preconception and Prenatal Services	
Contact Information	Brief Description
Association of Ontario Midwives Phone: 416-425-9974 or 866-418-3773 Website: www.aom.on.ca	List of midwifery practices available in Ontario

Best Start Resource Centre Website: www.beststart.org	Range of resources on preconception and prenatal issues.
Doulas Website: www.canadiandoulas.com/ontario.htm	Contact information for Doulas, prenatal educators, breastfeeding support and midwives in Ontario.
Healthy Babies Healthy Children Info line: 800-268-1154, TTY 800-387-5559 Website: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx	A prevention and early intervention initiative to provide support and services to families with children from before birth up to six years of age. Includes prenatal components.
Motherisk Phone: 416-813-6780 Alcohol and Substance Use in Pregnancy Helpline: 877-327-4636 Nausea and Vomiting in Pregnancy Helpline: 800-436-8477 HIV Treatment in Pregnancy: 888-246-5840 Website: www.motherisk.org	Information and guidance to pregnant or lactating patients and their health care providers regarding the fetal risks associated with drug, chemical, infection, disease and exposure(s) during pregnancy, as well as nausea and pregnancy.
Prenatal HIV Testing Website: www.health.gov.on.ca/english/providers/program/hiv aids/prenatal/prenatal_mn.html	Ontario government discussion guide and checklist on prenatal HIV testing.
Society of Obstetricians and Gynaecologists of Canada Website: www.sogc.org	Information on care before, during and after pregnancy.
Women's Health Matters Pregnancy Resource Centre Website: www.womenshealthmatters.ca/centres/pregnancy/index.html	Information for expectant families about healthy pregnancy.
Pregnancy and Parental Leave	
Contact Information	Brief Description
Services Canada Website: www.servicecanada.gc.ca/eng/lifeevents/baby.shtml	Information about pregnancy and parental benefits.
Ontario Government Website: Website: www.ontario.ca/en/life_events/baby/012214	Fact sheet on pregnancy and parental leave.
Ontario Human Rights Commission Phone: 800-387-9080 Website: www.ohrc.on.ca/en/issues/pregnancy	Information about rights related to pregnancy and breastfeeding.
Safety & Protection	
Contact Information	Brief Description
Lifesaving Society Phone: 416-490-8844 Website: www.lifesavingsociety.com	Information on how to prevent drowning and other water-related injuries as well as training in emergency rescue skills.
Ontario Association of Children's Aid Societies Phone: 416 987-7725 Website: www.oacas.org	Help, support and protection for children. Information on how to report child abuse.
Ontario Poison Centre Toll-free: 800-268-9017 or 416-813-5900 Website: www.ontariopoisoncentre.com/poisoncentre/	Hotline for parents' questions and concerns about a product their child may have eaten, drank or otherwise ingested. 24 hour service.
Safe Kids Canada Phone: 888-723-3847 Website: www.safekidscanada.ca	Information about how to prevent injuries in children.

Smoking Cessation	
Contact Information	Brief Description
PREGNETS Website: http://pregnets.org	Health care provider and patient resources about the negative consequences of smoking and environmental tobacco smoke.
Health Canada Smoking Information Website: www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php	Fact sheets and resources on smoking cessation and pregnancy.
Canadian Cancer Society Smokers' Helpline Phone: 877-513-5333 Website: www.smokershelpline.ca	Phone line and website with smoking cessation advice.
Special Needs	
Contact Information	Brief Description
Autism Society Ontario Website: www.autismontario.com/	Support and information for parents on learning, development, information and referral sources on autism.
CanChild Centre for Childhood Disability Research Website: www.fhs.mcmaster.ca/canchild	Information and current research on children with disabilities and their families.
Hanen Centre Website: www.hanen.org	Helps young children to communicate to the best of their abilities through programs and resources for parents, educators etc.
Ontario Association of Children's Rehabilitation Services Website: www.oacrs.com	Services for children with multiple disabilities and their families, including assessment, diagnosis, treatment and community programs.
Ontario Ministry of Children's Services – Children with Special Needs Website: www.children.gov.on.ca/htdocs/English/topics/specialneeds/index.aspx	Information and services for children with special needs.
Speech, Language and Hearing	
Contact Information	Brief Description
Infant Hearing Program Website: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/hearing/index.aspx	Information and services for families of children with permanent hearing loss.
Ontario Association of Speech Language Pathologists and Audiologists Website: www.osla.on.ca	Links to service providers and groups working to address issues surrounding hearing loss and communications impairments
Preschool Speech and Language Program Website: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/index.aspx	Information and services related to preschool speech and language.
Woman Abuse	
Contact Information	Brief Description
Assaulted Women's Helpline Phone: 866-863-0511 or 416-863-0511 866-863-7868 (TTY)	Crisis line for assaulted women across Ontario with simultaneous translation into 150 languages. 24 hour service.
Ending Violence Against Women Website: www.springtideresources.org/	Information and education about physical, psychological, emotional and sexual violence against women.
National Clearinghouse on Family Violence Website: www.phac-aspc.gc.ca/ncfv-cnivf/index-eng.php	Links to resources about violence within the family and how to address it.
Shelternet Website: www.shelternet.ca	Lists of shelters and helplines related to woman abuse.
Vision	
Contact Information	Brief Description
Canadian Paediatric Society Website: www.cps.ca/english/statements/CP/cp98-01.htm	Vision screening information.
Blindness and Low Vision Program Website: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/blindnesslowvision/index.aspx	

Appendix R: Edinburgh Postpartum Depression Screen (EPDS) checklist



Life with a new baby is not always what you expect.

Please underline the answer that most accurately describes your feelings in the last 7 days.

1. I have been able to laugh and see the funny side of things.

As much as I always could
Not quite so much now
Definitely not so much now
Not at all

2. I have looked forward with enjoyment to things.

As much as I ever did
Rather less than I used to
Definitely less than I used to
Hardly at all

3. I have blamed myself unnecessarily when things went wrong*.

Yes, most of the time
Yes, some of the time
Not very often
No, never

4. I have been anxious or worried for no good reason.

No, not at all
Hardly ever
Yes, sometimes
Yes, very often

5. I have felt scared or panicky for no very good reason*.

Yes, quite a lot
Yes, sometimes
No, not much
No, not at all

6. Things have been getting on top of me*.

Yes, most of the time I haven't been able to cope at all
Yes, sometimes I haven't been coping as well as usual
No, most of the time I have coped quite well
No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping*.

Yes, most of the time
Yes, sometimes
Not very often
No, not at all

8. I have felt sad or miserable*.

Yes, most of the time
Yes, quite often
Not very often
No, not at all

9. I have been so unhappy that I have been crying*.

Yes, most of the time
Yes, quite often
Only occasionally
No, never

10. The thought of harming myself has occurred to me*.

Yes, quite often
Sometimes
Hardly ever
Never



Life with a new baby is not always what you expect.

Edinburgh Postnatal Depression Scale

Response categories are scored 0, 1, 2, and 3 according to increased severity of the symptoms. Items marked with an asterisk are reverse scored (i.e. 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. A woman scoring 10 or higher should be referred to a physician or mental health specialist for further assessment. A score of 13 or higher could indicate major depression. Any positive score on item 10 warrants further clinical assessment. Some women scoring below the cut-off scores may also have PPD and/or will benefit from support services. These scores may not be applicable to all populations.

Instructions for users:

1. The mother is asked to underline the response which comes closest to how she has been feeling in the previous 7 days.
2. All ten items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of ten short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week. Most mothers complete the scale without difficulty in less than 5 minutes. The validation study showed that a score above the threshold was an indication of possible depression. Nevertheless the EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week and in doubtful cases it may be useful to repeat it one to two weeks later. The scale will not detect mothers with anxiety neuroses, phobias or personality disorder.

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The Royal College of Psychiatrists 1987. The Edinburgh Postnatal Depression Scale may be photocopied by individual researchers or clinicians for their own use without seeking permission from the publishers. The scale must be copied in full and all copies must acknowledge the following source:

Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Depression Scale. *British Journal of Psychiatry*, 150, 782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).

Translations of the scale, and guidance as to its use, may be found in Cox, J.L., Holden, J. (2003). *Perinatal Mental Health: A Guide to the Edinburgh Postnatal Depression Scale*. London: Gaskell.

EPDS is a tool used to assist health care professionals to screen mothers for postpartum depression.

Appendix S: Postpartum Depression Desk Reference

USE PASS-CAN QUICK ASSESSMENT TOOL. OR USE THE EDINBURGH POSTNATAL DEPRESSION SCREEN (EPDS)

1. Can you sleep when baby sleeps?
2. Are you eating? What are you eating?
3. Do you get out?
4. Are you having any scary or repetitive thoughts about you or your baby?

Ask all new moms about past births and postpartum experiences and family history of mental illness.

TOP 5 RISK FACTORS FOR PPMD:

- Depression and anxiety in pregnancy
- Recent stressful life events
- Lack of social supports
- Personal history of mental illness
- Family history of mental illness

IF THERE ARE ANY CONCERNS – REASSURE

- Listen to her feelings and validate them
- Reinforce that it took courage to share her feelings
- Reassure that she is not alone and that there is help and she will get better
- Go to the decision tree for assessment and referral

EFFECTIVE TREATMENTS FOR PPMD

- **Emotional, practical, and social support** from the mother's partner or spouse, friends, relatives
- Developing **realistic expectations** of motherhood
- **Self-care** strategies such as getting as much rest as possible, eating well, getting moderate exercise, getting out and building a strong support network
- **Peer support groups** allow new moms to identify with other women in similar situations, normalize their experiences and realize that others share their feelings
- **Psychotherapy**, such as Interpersonal (IPT) or Cognitive Behavioural Therapy (CBT) and non-directive counselling has good evidence for effectiveness and is recommended for mild to moderate PPMD
 - **IPT:** focuses on the changing roles of parenthood and improving relationship dynamics; can help resolve the marital or relationship conflicts that are common among new parents
 - **CBT:** aims to replace negative thought patterns with a more reality-based, positive cognitive style that improves coping skills
 - **Non-directive counseling** promotes a safe, non judgmental, confidential space for women to explore their feelings
- **Antidepressants:** SSRIs are the most frequently prescribed antidepressants with good evidence that they are effective in treating depression and safe to take while breastfeeding
 - For information about safety or risk of drugs during pregnancy and lactation please contact **Motherisk** at www.motherisk.org or call 416 813 6780
- **Refer to psychiatric consultation or consider hospitalization when patients:**
 - Have psychotic or manic symptoms
 - Endorse suicidal or homicidal ideation
 - Have a history of severe depression or another mental illness
 - Exhibit moderate to severe symptoms and do not respond to the treatment you can provide
 - Need more support and monitoring than you can provide

A service provider, a new mother or her family is concerned about the new mother's mood or behaviour

OR

The new mother has symptoms of PPD or you identified concerns using the Pass-Can questions

OR

The new mother may have a high screening score on a screening scale such as the EPDS, a cut-off score of 11 -12 is recommended

IF YES

Is she exhibiting bizarre or unusual behaviours or beliefs (e.g. extremes of mood, especially elation; seeming lack of need for sleep; strange ideas about the baby or harming the baby)?

IF NO

IF YES

Is she exhibiting suicidal or infanticidal thoughts or behaviours, including fantasies about running away (eg. does she have thoughts of harming her baby; does she have a plan or ideas only)?

IF NO

IF YES

Do the symptoms impair the new mother's ability to care for herself, the baby or other children (e.g. she is unable to get out of bed or prepare meals)?

IF NO

IF YES

Have symptoms (the mood or behavioural changes) been present for two or more weeks?

IF NO

IF YES

Have symptoms resulted in significant disruptions to appetite or sleeping patterns, or are physical symptoms such as racing heart, shortness or breath, dizziness or gastrointestinal disturbances present?

IF NO

IF YES

RESOURCES:

The Best Start Resource Centre's PPMD Campaign
www.lifewithnewbaby.ca

Centre for Addiction and Mental Health Postpartum Depression: A guide for front line health and social service providers
http://www.camh.net/Publications/

Telehealth Ontario
1 866 797 0000 / TTY 1 866 797 0007

Mental Health Service Information Ontario
1 866 531 2600 http://www.mhsio.on.ca/

INFO line to find your public health agency:
1 866 532 3161 / TTY 1 800 397 5559

1. Refer immediately to emergency psychiatric services or a hospital emergency room for evaluation for postpartum psychosis or severe depression.
2. Until this assessment occurs, ensure that the mother is not left by herself or alone with the baby. Make a referral to child protection services if you are concerned that a child is or may be in need of protection.
3. Follow up in 24 hours to ensure that the assessment has occurred and that a treatment plan is in place.

1. Consider effective treatment options (see list) and begin suitable treatment or combination of treatments or refer to a family doctor or another physician.
2. Follow up in one or two weeks to ensure
 - an assessment has occurred
 - a treatment plan is in place and acceptable to the mother
 - the mother's condition is improving
3. If the new mother has not improved in two weeks or her condition worsens, arrange for possible specialist referral or revise the treatment.

1. Recommend self-care strategies.
2. Assess for any chronic stressors (e.g. inadequate / unsafe housing, social isolation) and refer to social programs as appropriate.
3. Refer to community supports, including new mom's groups or any PPD groups in the area.
4. Provide with emergency mental health telephone hot lines with instructions to call if symptoms worsen.
5. Follow up in approximately two weeks to reassess symptoms.

Adapted with permission from: Postpartum Depression: A guide for front-line health and social service providers, 2005, produced by the Centre for Addiction and Mental Health, authored by Lori Ross, Cindy-Lee Dennis, Emma Robertson Blackmore, and Donna Stewart.

To order more desk references, call 1 800 397 9567 ext. 2260

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Appendix T: Resources and Referral Services Form

Your Guide to Local Services

<p>Preconception and Prenatal Resources</p> <ul style="list-style-type: none"> •Groups: •Information: •Programs for teens: •Programs for fathers: 	<p>Contact:</p>
<p>Parenting Resources</p> <ul style="list-style-type: none"> •Groups: •Tapes: •Phone lines: •Counselling: •Programs for teens: •Programs for fathers: 	<p>Contact:</p>
<p>Early Education Experiences</p> <ul style="list-style-type: none"> •Play groups: •Nursery school: •Library programs: •Toy lending services: 	<p>Contact:</p>
<p>Hearing Services</p> <ul style="list-style-type: none"> •Infant Hearing Program – Birth to 2 years •Blind and Low Vision Program •Audiological Services 	<p>Contact:</p>
<p>Preschool Speech and Language Program - Birth to S.K.</p> <ul style="list-style-type: none"> •Local contact number 	<p>Contact:</p>
<p>Autism</p> <ul style="list-style-type: none"> •Autism Society •Preschool Autism Services 	<p>Contact:</p>
<p>Other Developmental Programs and Services</p> <ul style="list-style-type: none"> •Developmental Pediatrician •Child and Family Assessment •Child Development Centre •Children’s Services •Central Dispatch Number •Infant Development Program •Learning Disability Association 	<p>Contact:</p>
<p>Nutrition Services:</p> <ul style="list-style-type: none"> •Canada Prenatal Nutrition Programs •Breastfeeding information and services •School Breakfast programs •Nutrition assessment and counselling •Food banks and other emergency food programs 	<p>Contact:</p>
<p>Other Local Services:</p> <ul style="list-style-type: none"> •Bereavement Services •Postpartum Depression Support Services •Children in Need of Dental Treatment (CINOT) 	<p>Contact:</p>