



WVP VISIT GUIDE: WHAT TO DISCUSS AT EXAMPLECHILDNAME'S 4 MONTH WELL-VISIT

Parents: Bring this Full Summary Visit Guide to your child's well-visit to help you remember what topics to bring up with your child's health care provider.

So you don't forget, put it in your purse, wallet or diaper bag now!

Note to ExampleProviderName: For more information on the Well-Visit Planner, please see the end of this Visit Guide or visit www.wellvisitplanner.org/about.aspx.

1 Your Priorities to Discuss During Examplechildname's Visit

Based on the priorities you selected, you may want to talk to your child's doctor about:

Changes or stressors for you and your family

Questions that you could ask:

- Can my child really sense what's going on in our lives right now?
- We'd like to get out more but don't have a good source for childcare. What are some ideas for me/us to have our own time?
- We've recently experienced job loss. I wouldn't really think our health care provider could help. Should I mention it?

Behaviors to expect in the next few months

Questions that you could ask:

- My child loves everyone. Sometimes I feel less important to him. Is this normal or doesn't he know I am his mother?
- My child's personality seems to be starting to come out – what are some things to look for in understanding my child's temperament?

Guidance on breastfeeding

Questions that you could ask:

- How can I tell if my child is getting enough milk?
- How many times a day should my child be eating?
- What are the advantages/disadvantages of switching from breast to bottle feeding at this age?
- Is it ok to breastfeed and bottle feed?
- What supplements – vitamins, iron, herbs – should we consider along with breast milk?
- What's the best way to store breast milk for daily use or when we're traveling?

To view additional information on the topics that you want more information about, please visit the Well-Visit Planner Educational Website at www.wellvisitplanner.org/education/.

2 Examplechildname is Developing and Growing!

Important opportunities for partnering with his or her provider:

Let your child's health care provider know that you are really excited about his or her ability to: Example text about excitement

Based on your responses, you may want to talk to your child's doctor about:

Your specific concerns:

- Lazy or crossed eyes
- Concerns about learning, development or behavior: Example text: I'm worried about my child's learning and development.

ExampleChildName's status on the following developmental milestones:

- Holding head steady
- Rolling over
- Following with his/her eyes

- Looking at his/her hands

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Your Family

It can be important for your provider to know about some things at home:



It's important to let your child's health care provider know that your family has experienced some big changes recently, including: job change

Based on your responses, you may want to let your provider know that:

- ExampleChildName is not currently living with both parents
- Your family may have a history of high cholesterol
- You may be feeling isolated
- Parenting can sometimes be challenging
- You recently have little interest or pleasure in doing things
- You recently have been feeling down, depressed or hopeless

Notes

Use this space to write down any questions you want to ask at your child's next visit:

Additional Resources To Help Prepare For Your Child's Visit

Well-Visit Education Materials: www.wellvisitplanner.org/education

Promoting Healthy Development Survey: www.wellvisitsurvey.org

Ages and Stages Questionnaire: www.agesandstages.com

Modified Checklist for Autism in Toddlers: www.m-chat.org



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Information for Health Care Providers

The Well-Visit Planner (WVP) was developed by the Child and Adolescent Health Measurement Initiative (CAHMI) at Oregon Health and Science University to improve well-child care for children under 4 years old. The information in this tool is based on recommendations established by the American Academy of Pediatrics' [Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition](#). The development of this tool was supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Research Program (R40 MC08959 03-00).

The topics that parents might want to discuss are derived from Bright Futures recommendations specific to each well-child visit. Developmental surveillance items encompass the variability at each developmental stage and are meant to provide guidance for further assessment during the visit. The Children with Special Health Care Needs Screener™ is a validated tool for assessing ongoing health issues. For further information, please visit the [CAHMI website](#). Developmental screening items are meant to assess whether parents have previously completed a standardized screening tool at 9, 18 and 24 months. For further information on the development of the WVP, please visit our [About](#) page.