

**2  
YRS**

\_\_\_\_\_

**Patient Name:** \_\_\_\_\_

## PEDIATRIC ASSESSMENT 2 YEARS - WELL VISIT

Allergies: \_\_\_\_\_

**BMI / Percentile:**

Length: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_ Head Circumference: \_\_\_\_\_

History of illness since last visit: \_\_\_\_\_

Exposure to tobacco smoke? ☐ Yes ☐ No \_\_\_\_\_

Do you think that your child is developing according to his/her age? ☐ YES ☐ No


RN/MA Signature \_\_\_\_\_

DATE PROVIDER INITIAL	AGE	DEVELOPMENTAL * TASKS	<input checked="" type="checkbox"/> NORMAL	<input checked="" type="checkbox"/> ABNORMAL DESCRIBE ON PROGRESS SHEET	Dental	ANTICIPATORY GUIDANCE/ PLAN IMMUNIZATIONS <input checked="" type="checkbox"/> yes <input checked="" type="checkbox"/> no
	2 YEARS	Walks up steps <input type="checkbox"/> Jumps in place <input type="checkbox"/> Stacks 5 - 6 cubes <input type="checkbox"/> Makes horizontal or circular strokes <input type="checkbox"/> 50+ words <input type="checkbox"/> Knows name <input type="checkbox"/> Parents understand child's speech <input type="checkbox"/> "What's that?" <input type="checkbox"/> Runs without falling <input type="checkbox"/> Repeats words others say <input type="checkbox"/> Looks at pictures in picture book <input type="checkbox"/> <u>Combines 2 words</u> <input type="checkbox"/> <u>Kicks ball forward</u> <input type="checkbox"/> <div style="border: 1px solid black; padding: 2px;">             Persistent rocking,              head banging <input type="checkbox"/> </div>	<input checked="" type="checkbox"/> GENERAL APPEARANCE <input type="checkbox"/> SKIN <input type="checkbox"/> HEAD <input type="checkbox"/> EYES <input type="checkbox"/> EOM <input type="checkbox"/> ENT <input type="checkbox"/> HEARING <input type="checkbox"/> TEETH <input type="checkbox"/> LUNGS <input type="checkbox"/>  * A Normal Check-Mark Indicates NOT Present	HEART <input type="checkbox"/> ABD <input type="checkbox"/> * HERNIA <input type="checkbox"/> GENITALIA <input type="checkbox"/> EXT. <input type="checkbox"/> NEURO <input type="checkbox"/>	Regular <input type="checkbox"/> Dental Appts <input type="checkbox"/> Floride <input type="checkbox"/> Prescription <input type="checkbox"/> City Water <input type="checkbox"/>	STRESS DANGERS: Burns, falls from windows, cabinets, furniture, poison, machinery, plastic bags <input type="checkbox"/> Eat & drink in sitting position <input type="checkbox"/> Reemphasize previous cautions <input type="checkbox"/> Discuss toilet training <input type="checkbox"/> Share a toy <input type="checkbox"/> Update vaccines <input type="checkbox"/>  Speech/Language Referral <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No  <u>Lead RA</u> All Lead Counseling done including Sources and Severe Long-Term Consequences. Literature Made Available. Blood Levels UTD. <input type="checkbox"/>  <u>Physical Activity / Fitness</u> Educational Materials Given (Includes kidshealth.org website) <input type="checkbox"/> Present Activity/Exercise Reviewed and Advise Given. <input type="checkbox"/>  <u>Follow-up Plan:</u>


\*Underlined Milestones should be achieved by at least 90% of Children at this age  
 If (1) or more "NO's" for underlined items are checked, indicate follow-ups in plan/orders.  
 \*\* (O) = Objective if possible.  
 \*\*\* Boxed items are abnormal at any age. Indicate follow-up.

DATE	TIME	PROGRESS NOTES


Physician Signature: _____  Stamp:	




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**PARENTS** site



**KIDS** site



**TEENS** site



**Belilovsky Pediatrics**

**Strongly Advises All Parents to Consult the Following Site:**

**<http://kidshealth.org>**

**For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.**

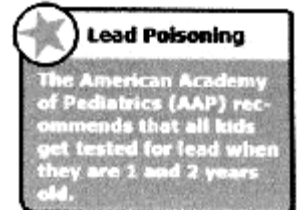
## LEAD POISONING

If you have young kids, it's important to find out whether there's any risk that they might be exposed to lead, especially if you live in an older home.

Long-term exposure to lead, a naturally occurring metal used in everything from construction materials to batteries, can cause serious health problems, particularly in young kids. Lead is toxic to everyone, but unborn babies and young children are at greatest risk for health problems from lead poisoning — their smaller, growing bodies make them more susceptible to absorbing and retaining lead.

Each year in the United States 310,000 1- to 5-year-old kids are found to have unsafe levels of lead in their blood, which can lead to a wide range of symptoms, from headaches and stomach pain to behavioral problems and anemia. Lead can also affect a child's developing brain.

The good news is that you can protect your family from lead poisoning. If you have kids between 6 months and 3 years of age, talk to your doctor about potential lead sources in your house or anywhere they spend long periods of time. And it's important for kids to get tested for lead exposure at age 1 and again at age 2, as many with lead poisoning don't show any symptoms.



### Why Is Lead Harmful?

When the body is exposed to lead — by being inhaled, swallowed, or in a small number of cases, absorbed through the skin — it can act as a poison. Exposure to high levels of lead in a short period of time is called acute toxicity. Exposure to small amounts of lead over a long period of time is called chronic toxicity.

Lead is particularly dangerous because once it gets into a person's system, it is distributed throughout the body just like helpful minerals such as iron, calcium, and zinc. And lead can cause harm wherever it lands in the body. In the bloodstream, for example, it can damage red blood cells and limit their ability to carry oxygen to the organs and tissues that need it.

Most lead ends up in the bone, where it causes even more problems. Lead can interfere with the production of blood cells and the absorption of calcium that bones need to grow healthy and strong. Calcium is essential for strong bones and teeth, muscle contraction, and nerve and blood vessel function.

### What are the Effects of Long-Term Lead Poisoning?

Lead poisoning may lead to a variety of health problems in kids, including:

- decreased bone and muscle growth
- poor muscle coordination

### How Does Lead Poisoning Occur?

Most commonly, kids get lead poisoning from lead-based paint, which was used in many U.S. homes until the late 1970s, when the government banned the manufacture of paint containing lead.

That's why kids who live in older homes are at a greater risk for lead poisoning. Also at risk are those who immigrate to the United States or are adopted from a foreign country that doesn't regulate the use of lead.

Lead is also found in other environmental areas, including:

- Contaminated soil, which is found near busy streets, in part because lead was an ingredient in gasoline until the late 1970s. The soil that surrounds homes that were painted with lead-based paint may be contaminated too. Contaminated soil is a particular concern because it can also introduce lead dust into the home.
- Water that flows through old lead pipes or faucets, if the pipes begin to break down
- Food stored in bowls glazed or painted with lead, or imported from countries that use lead to seal canned food
- Some toys, jewelry, hobby, and sports objects (like stained glass, ink, paint, and plaster)
- Some folk or home remedies, such as greta and azarcon (used to treat an upset stomach)

### How Do I Know If My Child Has Lead Poisoning?


Many kids with lead poisoning don't show any signs of being sick, so it's important to eliminate lead risks at home and to have your young child tested for lead exposure.

When kids do develop symptoms of lead poisoning, they usually appear as:


- irritability or behavioral problems
- [pica](#) (eating of nonnutritious things such as dirt and paint chips)
- difficulty concentrating
- headaches
- loss of appetite
- weight loss
- sluggishness or fatigue
- abdominal pain
- vomiting or nausea
- constipation
- pallor (pale skin) from anemia (lower than normal red blood cells)
- metallic taste in mouth
- muscle and joint weakness or pain
- seizures

These symptoms may also indicate a wide variety of other illnesses, so if your child has any of them, talk to your doctor. A blood test may be necessary to look for lead poisoning or other health problems.


**Please go to Page 2 for Tips on Protecting your child from Lead Exposure**




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**PARENTS** site



**KIDS** site



**TEENS** site



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[\*\*http://kidshealth.org\*\*](http://kidshealth.org)

For Accurate Information Regarding Nutrition,  
Exercise, Fitness, Parenting Skills as well as  
Many other Important Topics for your Newborn to  
Adolescent Child.

## LEAD POISONING: Page 2

### How Do I Protect My Child?

You can protect your kids from lead poisoning by ensuring that your home is lead-free — ask your local health department about having your home evaluated for lead sources. And have your kids tested for lead exposure, particularly if when they're between 6 months and 3 years old. Kids this age spend a lot of time on the floor and trying to put things in their mouths.

These tips can help you reduce the risk of lead exposure:

- **Be wary of old plumbing.** Old plumbing might be lined with lead. If you have an old plumbing system (in homes built before 1970), let cold water run from the faucet for a minute before drinking it. If possible, drink bottled water instead. And because hot water absorbs more lead than cold water, don't use hot tap water for meals.
- **Keep your home and your family clean.** Wash your child's hands and toys frequently, and keep dusty surfaces clean with a wet cloth.
- **Ensure that iron and calcium are in your diets.** If kids are exposed to lead, good nutrition can reduce the amount that will actually be absorbed inside the body. Eating regular meals is helpful because lead is absorbed more during fasting.
- **Know where your kids play.** Keep them away from busy roads and the underside of bridges.

If you suspect that you might have lead-based paint on your walls, use a wet cloth to wipe windowsills and walls. Watch out for water damage that can make paint peel. Sanding or heating lead-based paint is a bad idea because these increase the risk that lead will be inhaled. If the paint doesn't have many chips, a new layer of paint, paneling, or drywall will probably reduce the risk. It's best to consult a professional, especially because other precautions may need to be taken to contain the lead in the paint.

### How is Lead Poisoning Treated?

Treatment for lead poisoning varies depending on how much lead is in the blood. Small amounts can often be treated rather easily; the most important part of therapy is reduction of lead exposure. Gradually, as the body naturally eliminates the lead, the level of lead in the blood will fall.

Kids with severe cases and extremely high lead levels in their blood will be hospitalized to receive a medication called a chelating agent, which chemically binds with lead, through an IV to make the lead weaker so the body can get rid of it naturally.

All siblings of a child found to have lead poisoning also should be tested. Doctors will report cases of lead poisoning to the public health department.

**If you need or would like more Information about  
Lead and your Child**

**You are invited to go to:**

[www.KidsHealth.Org/Parent/](http://www.KidsHealth.Org/Parent/)  
**Type "LEAD" in the Search Box**



# KidsHealth

from the health experts of Nemours



PARENTS site



KIDS site



TEENS site



**Belilovsky Pediatrics**

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For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

## NUTRITIONAL GUIDELINES

To best serve the Nutritional Needs of your child, we urge all parents to consult the following website to determine your child's best weight and to decide if a change of diet is necessary.

1. First, Open the following link (below) and discover your child's ideal weight :

The screenshot shows a web form for calculating BMI. It has tabs for 'US Standard (lb/in)' and 'Metric (kg/cm)'. Step 1 includes fields for Gender (Male/Female) and Birth Date. Step 2 includes fields for Date of Measurements, Height (ft/in), and Weight (lbs), with buttons for 'Add Entry' and 'Reset Data'. Step 3 has buttons for 'Calculate BMI' and 'Reset All'.

<http://kidshealth.org/teen/nutrition/weight/bmi.html>

2. Next, go to this link to find solutions to almost all of your child's nutritional needs:

## NUTRITION & FITNESS CENTER

### food & NUTRITION

- ▶ General Nutrition
- ▶ Nutrition & Infants
- ▶ Special Dietary Needs
- ▶ Eating Problems
- ▶ Nutrition Q&A
- ▶ En español
- ▶ MORE

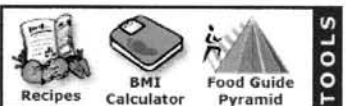


### NEWS

- ▶ School Water Fountains Can Help Curb Overweight
- ▶ Most Kids Who Take Vitamins Don't Need Them
- ▶ Too Much TV May Lead to Too Much Fast Food
- ▶ MORE

### exercise & FITNESS

- ▶ General Fitness
- ▶ Exercise Safety
- ▶ Fitness Problems
- ▶ Exercise Q&A
- ▶ En español
- ▶ MORE



TOOLS

### Quick Tip

Cut melons or carrots, and keep them in bags in the fridge — ready to grab and go.



▶ Center for KIDS ▶ Center for TEENS

[http://kidshealth.org/parent/centers/nutrition\\_center.html](http://kidshealth.org/parent/centers/nutrition_center.html)

3. Should you need the help of a nutritionist for your child, we maintain a list of qualified nutritionists and organized nutritional modification programs in our office. Please contact our office during business hours so that we may evaluate your particular needs and make recommendations and referrals:

Tel: 718-332-6652 (M-Sat 9-5)

In certain cases we will have already determined your child's weight. If so, then your child's weight profile is indicated below:

Your child's BMI is:

Your child's BMI percentile is:

This is considered:

HEALTHY ☐

OVERWEIGHT ☐

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# 2 to 3 Year Old Fitness/Exercise

Kids this age are learning to master basic movements like walking, running, kicking, and throwing. They're naturally active, so be sure to provide lots of opportunities for your child to practice and build on these skills.

How much is enough? According to the National Association of Sports and Physical Education, each day toddlers should:

- get at least 30 minutes of structured physical activity (adult-led)
- get at least 60 minutes unstructured physical activity (free play)
- not be inactive for more than 1 hour at a time (except for sleeping)

### What Kids Can Do

It's important to understand what kids can do and what skills are appropriate for this age. By age 2, toddlers should be able to walk, run, and jump in place with both feet. By age 3, most kids can run and jump well. In addition, they'll learn to balance briefly on one foot, climb well, kick the ball forward, throw the ball overhand, and pedal a tricycle.

The possibilities are endless — come up with your own active ideas or follow your child's lead. Also, limit the amount of time your child spends watching TV (including DVDs and videos) or playing on a computer.

Keep these skills in mind when encouraging your child to be active. Play games together and provide age-appropriate active toys, such as balls, push and pull toys, and riding vehicles.

Mommy-and-me programs can introduce toddlers to tumbling, dance, and general movement. But you don't have to enroll kids in a formal program to foster these skills. The most important thing is to provide lots of opportunities to be active in a safe environment.

### Family Fitness Tips

Kids who like to engage in active play now are likely to stay active and be physically fit in the future. Walking, playing, exploring your backyard or using playground equipment at a local park can be fun for the entire family.

Also, these games provide fun and fitness for parents and toddlers:

- Walk like a penguin, hop like a frog, or imitate other animals' movements.
- Sit facing each other and hold hands. Rock back and forth and sing the song "Row, row, row your boat."
- Bend at the waist and touch the ground. Walk your hands forward and inch along like a caterpillar.
- Sit on the ground and let your child step over your legs, or make a bridge with your body and let your child crawl under.
- Play follow the leader, "Ring around the rosie," and other similar games.
- Listen to music and dance together.

### When to Call the Doctor

If your toddler refuses to play or interact with other kids, or complains of pain during or after play, talk with your doctor.

Kids who are active at young age tend to stay active throughout their lives. And staying fit can improve self-esteem, help maintain a healthy weight, and decrease the risk of serious illnesses, such as high blood pressure, diabetes and heart disease.

Reviewed by: Steven Dowshen, MD

Date reviewed: August 2008