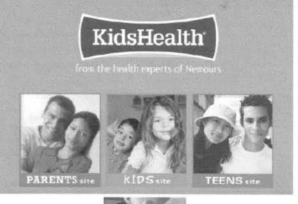
Belilovsky Pediatrics 523 Oceanview Avenue Brooklyn, NY 11235 (718) 332-6652 6 YRS

ID Sticker:

(718) 332-66	52	L		┙╽								
Date: Time:						Patient Name:						
WELL	CHILD A		TENT								_	
Informant:	4			Alle	rgies			·	/ D	entile :		$\overline{}$
Current Medication								BIVII	Perc	entile :		
Measurements: Ht.	Wt	B.P	_/	Temp.		Pulse Re	sp					
Are you feeling pai		res 🔲 No						-	(i)	wener		_
Pain Scale	(3)	NO PAIN	( <u>@</u> )	(	<u></u>	MODERATE PAIN	(8)		(Š)	PAIN	(**	
MA Signature:	0		2		4		6		8		10	)
Risk Assessment			Yes	No i	F Pa	tient at Risk the	n Couns	eled for	Chief	Concern		
TB						TB	ii oodiio	olou lol.	· Other	CONCENT		
Lead						Lead						
Cholester	ol				-	Cholesterol						
Tobacco/S						Tobacco/Smokin	na					
Drugs/Alo	_		i			Drugs/Alcohol	.9					
	ncludes schoolya	rd and firearms)	Name of the last o	П	П	Violence (includes	schoolvard a	nd firearms)				
Interval History: F				_ '								
F	amily											
Physical Exam:	normal	abnorma	1*	<u>n</u>	orma	abnormal* Ex	plain Abn	normals	Nine	ritional E	Pohovio	一
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Head/ Neck			Lungs							nal Educati including ki		
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Ear/Hearing			Extremitie	es						ш		- 1
Nose/Throat			Pulses							Nutritional		
Nodes:			Back						Done (	ncludes BN	II / Percen	itile)
Teeth/Gums			Neuro						Nutritio	nal Referra	Indicated	1.
			Genitalia						Yes	□ NO		
*indicate on progre	ss note		Anus									
Development:												
Ride bicycle		to and eleth				shoelaces			Physica	I Activity / F	itness	
Draws people with 6 parts and clothes Share a book				Copies triangle Educati			ducation	tional Materials Given (Includes				
								idshealth				ш
Nutritional:			`	Jouan I	roin i	cicitat 🔲 yee 🗖						
Balanced die	et, no junk fo	ood		Mai					ctivity/Ex	cercise Rev	iewed and	d Advise
Use of herbs		, , ,		ivicali	Given.							
Parenting:				Safe	atre.							
Establish be	dtime hour				icycle helmet an	d safety						
Monitor TV v		Seat belt usage										
Promote out	of home ac	tivities			Good touch / bad touch							
Encourage reading, hobby - library card						Firearms						
Allowance					_	earns to swim wi	th super	vision				
Praise, enco	urage, affec	tion each cl	nild	200	_	tranger awarene	1.5					
Show interest in child activity / school					_	easonal safety is		travel advice	e, environn	nental exposur	es)	
"Time out" /		nctions			F	lisk Reduction: D	rugs, Alc	ohol, Tob	acco			
Good Health Habi	ts:											
Dental care	The second secon	lossing, der	ntal visits)									
Peer Relatio	1.0											-
Evaluate cor						D4 D: 1			o		_	
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Impressions:						Plans:	٥,					
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Provider Signature:												
Provider Stamp/Pri	nt:											
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### **Belilovsky Pediatrics**

Strongly Advises All Parents to Consult the Following Site:

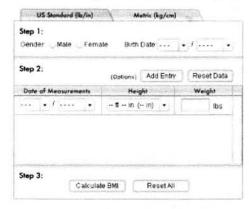
## http://kidshealth.org

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

## NUTRITIONAL GUIDELINES

To best serve the Nutrional 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.

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



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

#### exercise & FITNESS

- ▶ General Fitness
- **▶** Exercise Safety
- Fitness Problems

Quick Tip

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

- ► Exercise 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









► Center for KIDS

► Center for TEENS

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:	

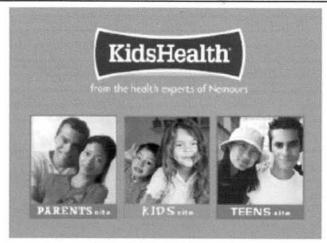
This is considered:

HEALTHY

**OVERWEIGHT** 



http://kidshealth.org/parent/centers/nutrition\_center.html





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Fitness, Excercist and Parenting Issues for Your
Newborn to Adolescent Child

Here are some ways to keep your kids moving at home:

- Incorporate physical activity into the daily routine. From household chores to an after-dinner walk, keep your family active every day.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices.
   Playing tag, riding bikes around the neighborhood, and building snowmen are fun and healthy.
- Keep a variety of games and sports equipment on hand. It doesn't have to be expensive — an assortment of balls, hula-hoops, and jump ropes can keep kids busy for hours.
- Be active together. It'll get you moving and kids love to play with their parents.
- Limit time spent in sedentary activities, such as watching
   TV, going online, and playing video games.

When you have exhausted the possibilities at home, take advantage of local playgrounds and athletic fields. Make family fitness outings part of your regular routine. Let family members choose an activity — go hiking, ice skating, or try out the rock-climbing gym. Anything goes, as long as everyone can participate.

You can help show your kids that exercise is important by regularly exercising yourself.

# 6 to 12 Year Old Fitness/Excercise

Kids this age need physical activity to build strength, coordination confidence, and to lay the groundwork for a healthy lifestyle. They're also gaining more control over how active they are.

School-age kids should have many opportunities to participate in a variety of activities, sports, and games that fit for their personality, ability, age, and interests. Brainstorm with your kids on activities that feel right. Most kids won't mind a daily dose of fitness as long as it's fun.

The National Association for Sports and Physical Education recommends that school-age kids:

- get 1 hour or more of moderate and vigorous physical activity on most or all days
- also participate in several bouts of physical activity of 15 minutes or more each day
- · avoid periods of inactivity of 2 hours or more

### Fitness at Home

Many parents and kids think of organized sports when they think of fitness. Though there are many advantages to signing a child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals. In addition, parents can no longer rely on physical education in the schools to provide enough physical activity for kids.

### Fitness for Kids

Through physical activities, kids can learn about setting goals, meeting challenges, sportsmanship, teamwork, and the value of practice.

Keep in mind your child's age and developmental level, natural abilities, and interests. Between the ages of 6 and 8, kids are sharpening basic physical skills like jumping, throwing, kicking, and catching. Some kids enjoy doing this in organized sports teams, but non-competitive leagues are best for younger kids. Show your support by coaching your child's team or cheering from the stands on game days.

Kids who are 9 to 12 years old are refining, improving, and coordinating skills. Some become even more committed to a sport while others drop out as competition heats up and level of play improves.

It's OK if a child isn't interested in traditional sports, but it's important to find alternative ways to be active. Encourage a child who doesn't like soccer, basketball, or other team sports to explore other active options, like karate, fencing, golf, bicycling, skateboarding, and tennis.





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## 6 to 12 Year Old Fitness/Excercise

## Page 2

### Preventing Problems

Kids who participate in sports are at risk for injuries, so be sure yours wear the appropriate protective equipment, such as a helmet and protective pads when roller-blading. Kids who specialize in one sport are also at risk of overuse injuries, including stress fractures and joint injuries.

A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be modified or adapted, and some may be too risky depending on th condition. Consult your doctor about which activities are safe for your child.

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

If your child refuses to play or interact with peers, or complains o pain during activity, talk with your doctor.

Reviewed by: Steven Dowshen, MD Date reviewed: September 2008