



PEDIATRIC ANTICIPATORY GUIDANCE AND HEALTH EDUCATION

Age	Anticipatory Guidelines	Developmental Milestones	Testing/Shots (Immunizations)
2 WKS – 1 MO	<ul style="list-style-type: none"> Breast Feeding and/or formula sufficient Counseling about using microwave to heat food/bottles, crib rail dangers and use of car seat Mention mother getting rest, parents' time together and careful selections of babysitters/daycare Talk about fever, thermometers, and signs of illness 	<ul style="list-style-type: none"> Alerts to sound Fixes on caretakers' face Moves all extremities well Lifts chin up when lying prone 	<p style="text-align: center;">HEP B #1 (if not at birth)</p> <p style="text-align: center;">Newborn Screening Form</p>
2 MONTHS	<ul style="list-style-type: none"> Introduce solids at 3 - 6 months Counsel infant walkers and stairs; holding baby at the same time as hot liquids, cigarettes; danger of baby rolling off bed or table Parents need time together. Careful selection of babysitters/daycare 	<ul style="list-style-type: none"> Alerts to sound. Has social smile Follows 180° horizontally Lifts chin and chest off table in prone position Head is steady with supported sitting Unfisted 50% of the time 	<p style="text-align: center;">DPT/OPV/HIB #1 HEP B #2</p>
4 MONTHS	<ul style="list-style-type: none"> Introduce Solids No toys with small parts to prevent choking Counsel infant walkers and stairs; holding baby at same time as hot liquids, cigarettes Begin "child-proofing" – cover electrical outlets, lock up drugs and toxic substances 	<ul style="list-style-type: none"> Turns to voice, coos and is beginning to laugh Up on wrist in prone position, rolls prone to supine Good head control Brings hand to midline. Bats at objects Exciting upon seeing food 	<p style="text-align: center;">DPT/OPV/HIB #2</p>
6 MONTHS	<ul style="list-style-type: none"> Can begin finger foods, cup Reminder to use car seats, don't leave baby alone in tub, etc. Buy toys with no sharp edges Answer teething questions and mention bottle cavities Stranger anxiety common - only wants Mom Shoes for protection only; need not be expensive 	<ul style="list-style-type: none"> Turns well to voice and sounds. Babbles Rolls supine to prone and sits with support (tripod) Unilateral reach, grab and transfer Prefers mother or primary caretaker 	<p style="text-align: center;">DPT/OPV/HIB #3 HEP B #3</p>
12 MONTHS	<ul style="list-style-type: none"> Can have table foods and whole milk Time to encourage looking at books and discourage television Need to begin to set limits and give praise and encouragement Should be brushing teeth May have trouble separating from mother 	<ul style="list-style-type: none"> Follow one step commands with gesture and plays gesture games (waves bye-bye) Uses mama, dada, and 1-2 other words specifically Crawls, pulls to stand and cruises on furniture Mature incher, directed pointer, throws and releases Uses cup, finger foods, helps with dressing, shy with strangers 	<p style="text-align: center;">HCT/TB Test/ Lead Sickle (as appropriate)</p> <p style="text-align: center;">Reminder: MMR/HIB At 15 months</p>
18 MONTHS	<ul style="list-style-type: none"> Normally picky eaters Lock up toxic substances and drugs. Mention water/pool and outdoor safety, stove/oven dangers Encourage bedtime routine. Time of negativism and growing autonomy Needs limits and lots of praise and encouragement 	<ul style="list-style-type: none"> Points to body parts, follows commands with gesture, use 7-10 words or jargon Walks well, stoops and recovers and runs Turns pages without ripping, scribbles spontaneously Uses spoon and fork. Takes off shoes and socks 	<p style="text-align: center;">DPT/OPV #4</p>
24 MONTHS	<ul style="list-style-type: none"> Avoid struggles about feeding Cover electrical outlets/cords. Lock up toxic substances/drugs. Use car seat Encourage books, bedtime routines and discourage television Mention toilet training (90% trained by 3 years) and tooth brushing. Speech dysfluency common 	<ul style="list-style-type: none"> Uses 2-3 sentences. Has 50 word vocabulary (50% intelligible to strangers) Runs well, walks up and down stairs Turns pages, interested in crayons and markers Parallel play Removes shoes and pants 	<p style="text-align: center;">HCT/Lead</p>



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36 MONTHS	<ul style="list-style-type: none"> This age needs supervision near streets. Car seat when in car Parents should encourage exploration/choices (food/clothes), promote group play and encourage books and discourage television Needs dental appointment 	<ul style="list-style-type: none"> Uses pronouns, prepositions and plurals Has a 250 word vocabulary (50% intelligible to strangers) Alternates feet going up stairs, stands on one foot and pedals tricycle Tripod pencil grasp, copies a circle and draws a person Shares toys some. Symbolic play 	HCT/Lead/UA Dental Referral Vision & Hearing
4 YEARS	<ul style="list-style-type: none"> Nutrition - Limit snacks Parenting Poisons, matches lead poisoning Car seat in car; helmet on bicycle; water/street safety - avoid strangers Dental care - brushing teeth 	<ul style="list-style-type: none"> Alternates feet on stairs Hops, jumps forward Can cut and paste Dresses with help Knows name, sex and gender 	(4-6 years) DTP/OPV #5, MMR #2 HCT/TB Test/Lead Dental Referral Vision & Hearing
5 YEARS	<ul style="list-style-type: none"> May use car seat belt at 5 years, if they are more than 36 inches tall Nutrition - eats away from home Parenting cannot be independent yet Seat belt at all times in car; helmet on bicycle; water/street safety; lead poisoning Dental care - brushing teeth Begins school - encourage, praise 	<ul style="list-style-type: none"> Walks on tiptoe Knows five colors Copies triangle Dresses and undresses alone Displays sexual curiosity Separates from mother easily 	HCT/Lead/UA Dental Referral Vision & Hearing
6 YEARS	<ul style="list-style-type: none"> Needs supervision Nutrition - limit snacks Discipline/Parenting - praise good behavior School work - encourage hobby, sports; limit TV Adequate sleep Seat belt, bike helmet Provide peer relationships 	<ul style="list-style-type: none"> Tie shoelaces Know left from right Does well in school Prints first name Draws 6-part man Imitates Defines words 	HCT/Lead/UA Dental Referral Vision & Hearing
7 - 11 YEARS	<ul style="list-style-type: none"> Family interaction Age appropriate independence Personal responsibility Educational activities Sex education, HIV, STD's Nutrition - eating away from home Safety, seat belts 	<ul style="list-style-type: none"> Has friends Does well in school Sense of achievement Sexual development starts Tells time Reads for fun Sense of humor 	HCT yearly U/A yearly TB every 2 years Vision & Hearing yearly Dental yearly
12- 17 YEARS	Discuss: <ul style="list-style-type: none"> Safety practices, seat belts Development School habits, nutrition Breast/testes exams Screening: <ul style="list-style-type: none"> Eating disorders vs. Obesity Alcohol, tobacco, drugs Sex education: HIV, STD's, contraception According to family history 	<ul style="list-style-type: none"> Sexual development Self care Decisions for future 	Yearly: HCT & U/A Vision & Hearing, Dental PPD every 2 years Tb Booster (10 yrs after last DPT) Optional: Pelvic
18-21 YEARS	Discuss: <ul style="list-style-type: none"> Safety practices, seat belts Diet and fitness, nutrition Breast/testes exams Alcohol, tobacco, drugs Sex education: HIV, STD's, contraception Prenatal care 	<ul style="list-style-type: none"> Sexual maturity Parental independence College or occupation Intimacy vs. isolation 	Yearly: HCT & U/A Vision & Hearing, Dental Optional: Pelvic (VDRL, GC, PAP)

