

Ask your child's health care provider for information about the specific condition being screened for and, afterwards, about the results.

1. **Newborn Metabolic screening.** At birth or within one month, your baby will have tests to screen for certain genetic diseases (PKU, sickle cell anemia).
2. **Anemia screening.** Within the first year of life, your baby will probably have a blood test (hemoglobin or hematocrit) to screen for iron-deficiency anemia. Infants, children, and adolescents may be tested periodically, especially during their peak growth periods.
3. **Hyperlipidemia screening.** Children who have a family history of premature coronary heart disease or high cholesterol are screened with a blood test to determine cholesterol levels.
4. **Lead screening.** In communities where risk of lead exposure is widespread, all children should be screened at ages 1 and 2 years. Children ages 3 to 6 should also be screened if they have not previously been tested.

In communities where lead exposure is not high, children should be screened only if they are at risk, based on local health department criteria. All children receiving Medicaid are required to be screened.

5. **Newborn hearing screening.** All newborns should now receive a hearing screening at birth, before discharge from the hospital. If this is not possible, screening should be completed within the first month of life. The two tests used are auditory brainstem response (ABR) and distortion product or transient evoked otoacoustic (EOAE).

ABR measures waves generated by clicks from electrodes placed on the baby's scalp. Through tiny microphones placed in the baby's external ear canals, EOAE measures and records sound waves in the inner ear in response to a series of clicks or tones.

6. **Tuberculosis screening (PPD test).** The tuberculin skin test (PPD test) is recommended only if your child is at increased risk of exposure to tuberculosis. It is given as early as twelve months to detect if your child has been exposed to tuberculosis. A prick or small injection just below the skin is made. Your child will need to be checked again about two days later. The health care provider will look for a large, red bump where the PPD was given. This indicates exposure to tuberculosis and medication will be prescribed. Yearly chest x-rays will be needed for follow-up.

## Appendix B

## Recommended childhood immunization schedule

Vaccines are listed under usually recommended ages. **Bars** indicate an acceptable age range when they can be given. Catch-up immunizations should be done during any visit when possible. **Ovals** indicate vaccines to be assessed and given during the early adolescent visit if necessary.

Age Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-6 yrs	11-12 yrs	14-16 yrs
Hepatitis B <sup>2</sup>		Hep B				Hep B					Hep B	
Diphtheria, Tetanus, Pertussis <sup>3</sup>			DTaP	DTaP	DTaP		DTaP <sup>3</sup>			DTaP	Td	
<i>H. influenzae</i> type b <sup>4</sup>			Hib	Hib	Hib	Hib						
Polio <sup>5</sup>			IPV	IPV	IPV <sup>5</sup>					IPV <sup>5</sup>		
Measles, Mumps, Rubella <sup>6</sup>						MMR				MMR <sup>6</sup>	MMR <sup>6</sup>	
Varicella <sup>7</sup>						Var					Var <sup>7</sup>	
Hepatitis A <sup>8</sup>									Hep A <sup>8</sup> —in selected areas			

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**Immunizations are an important part of good health care.** They provide the best defense against many dangerous childhood diseases. You can keep track of your child's immunizations by using the forms on the following pages. At health visits ask if your child needs any follow-up shots or if any new vaccines have been recommended since this schedule was prepared. If your health plan doesn't provide immunizations, contact your local health department. Some public health clinics have supplies of vaccines and provide them free.

**Immunizations protect children.** The following is a list of recommended immunizations and the diseases they combat. All of these immunizations should be given by age 2 for children to be protected during their most vulnerable period. Follow-up shots, called boosters, are given regularly through life.

- **Hep B** is to prevent hepatitis B.
- **DtaP** and **DTP** protect against pertussis (whooping cough), diphtheria, and tetanus (lockjaw).
- **DT** protects against tetanus and diphtheria.
- As your children get older, they will also need the **Td** vaccine for tetanus and diphtheria.
- **Hib** protects against the Hib disease (Haemophilus influenzae type b, infection around the brain).
- **IPV** is for polio prevention.
- **MMR** is for measles, mumps, rubella (German measles).
- **Var** (Varicella) is used to prevent chickenpox.
- **Hep A** is to prevent hepatitis A. If indicated, talk to your health care provider for more information.

## Appendix C

## Immunization record

You can protect your child by making sure immunizations begin in infancy and are kept up to date (see Appendix B). Take your child's health record to every check-up and emergency visit. If you do not have a health record, use this page as your record keeper. There is space here to keep the records of up to three children. Remember, immunizations are required when your child enters school. Let your regular health care provider know if your child receives any immunizations elsewhere.

			_____	_____	_____	_____	_____	_____
			(child's name)	birth date	(child's name)	birth date	(child's name)	birth date
Vaccine			Date	Professional Signature	Date	Professional Signature	Date	Professional Signature
Hepatitis B			1					
			2					
			3					
DTap	DTP	DT						
			1					
			2					
			3					
			4					
			5					

(child's name)

(child's name)

(child's name)

Vaccine	Date	Professional Signature	Date	Professional Signature	Date	Professional Signature
IPV						
	1					
	2					
	3					
Hib	4					
	1					
	2					
MMR	3					
	4					
	1					
Varicella	2					
	1					
	2					

\_\_\_\_\_

(child's name)

\_\_\_\_\_

(child's name)

\_\_\_\_\_

(child's name)

Vaccine		Date	Professional Signature	Date	Professional Signature	Date	Professional Signature
Td	1						
	2						
	3						
	4						
	5						
Pneumococcal	1						
	2						
Influenza	1						
	2						
	3						
	4						
Hepatitis A	1						
	2						
Other							



### Child 1

School _____	Tel.# _____	Health Policy Name and # _____
Health Care Provider _____	Tel.# _____	_____
Dentist _____	Tel.# _____	_____

### Child 2

School _____	Tel.# _____	Health Policy Name and # _____
Health Care Provider _____	Tel.# _____	_____
Dentist _____	Tel.# _____	_____

### Child 3

School _____	Tel.# _____	Health Policy Name and # _____
Health Care Provider _____	Tel.# _____	_____
Dentist _____	Tel.# _____	_____

Pharmacy _____	Poison Control _____
Police Department _____	Fire Department _____
Ambulance or Rescue Squad _____	Hospital _____
Family member or friend to call in case of an emergency _____	

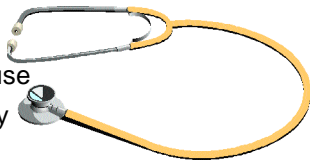
Other Important Numbers

\_\_\_\_\_

The following is a sample physical exam checklist your health care provider may use during the visit. We also recommend that families use *Bright Futures Encounter Forms for Families* to help them and their children prepare for health visits. Check [www.brightfutures.org](http://www.brightfutures.org) or see page vii for ordering information.

**Checklist for all ages up to 21 Years**

- |  |  |
|--|--|
| <input type="checkbox"/> General                     | <input type="checkbox"/> Lungs                             |
| <input type="checkbox"/> Head                        | <input type="checkbox"/> Skin                              |
| <input type="checkbox"/> Ears                        | <input type="checkbox"/> Abdomen                           |
| <input type="checkbox"/> Heart                       | <input type="checkbox"/> Extremities (arms, legs)          |
| <input type="checkbox"/> Eyes (strabismus, vision)   | <input type="checkbox"/> Genitalia (penis, scrotum, labia) |
| <input type="checkbox"/> Neurologic (nervous system) | <input type="checkbox"/> Feet                              |
| <input type="checkbox"/> Nose/throat                 | <input type="checkbox"/> Reflexes                          |
| <input type="checkbox"/> Mouth                       | <input type="checkbox"/> Signs of injury or abuse          |
| <input type="checkbox"/> Teeth                       | <input type="checkbox"/> Signs of early puberty            |
| <input type="checkbox"/> Back                        | <input type="checkbox"/> Other _____                       |
| <input type="checkbox"/> Neck                        |  |



## Additional checklist for newborns to 1 week old

- Ability to recognize and follow a human face and respond to a human voice
- Head shape (cranial molding, cephalohematoma, caput-succedum)
- Eyes (red reflex, subconjunctival hemorrhages, puffy eyes)
- Palate
- Shoulder (clavicle fractures)
- Nose (patent nares)
- Abdominal masses or distention
- Umbilicus
- Hernia
- Hip (hip dysplasia)
- Groin (femoral pulses)
- Skin color (peripheral cyanosis, jaundice)
- Neurologic (Moro reflex, muscle tone, symmetrical movements)
- Jitteriness
- Urine test

## Additional checklist for adolescents

- Anus (condyloma/lesions)
- Sexual development (Tanner stage)
- Instruction in breast self-exam (females)
- Gynecomastia (breast development in males)
- Hernias (males)
- Testicular cancer (males)
- Instruction in testicular self-exam (males)
- Sexually Transmitted Disease Testing (if sexually active)
- Annual pelvic exam (females who are sexually active)



Check Out Resources. There are lots of sources of information and support for families raising children. In addition to families and friends, you will find information at the library, on web sites, in magazines and on the radio. You may not need all of it, but it can help round out what you learn from your child's health care provider as you approach new stages of your child's development.

**American Academy of Child and Adolescent Psychiatry**, an organization that provides facts and resources for families on pediatric mental health issues - 3615 Wisconsin Ave, NW, Washington, DC 20016-3007 ♦ (202) 966-7300 ♦ [www.aacap.org/info\\_families/index.htm](http://www.aacap.org/info_families/index.htm)

**American Academy of Pediatrics**, an organization that provides families with general pediatric health information and resources - 141 Northwest Point Blvd., Elk Grove Village, IL 60007-1098 ♦ (847) 434-4000 ♦ [kidsdoc@aap.org](mailto:kidsdoc@aap.org) ♦ [www.aap.org/family/famhome.htm](http://www.aap.org/family/famhome.htm)

**American Academy of Pediatric Dentistry**, an organization that provides a parent education section covering common pediatric dental health issues - 211 East Chicago Ave. #700, Chicago, IL ♦ (312) 337-2169 ♦ [www.aapd.org](http://www.aapd.org)

**American Dietetic Association**, an organization that provides families with food and eating resources - 216 W. Jackson Blvd., Chicago, IL 60606-6995 ♦ (312) 899-0040 ♦ (800) 366-1655 ♦ [hotline@eatright.org](mailto:hotline@eatright.org) ♦ [www.eatright.org](http://www.eatright.org)

**Child Care Aware**, an organization that provides families with information on local child care centers ♦ 1319 F. Street, NW Suite 500, Washington, DC 20004-1106 ♦ (800) 424-2246 ♦ [ccaware@nccrra.org](mailto:ccaware@nccrra.org) ♦ [www.childcareaware.org/index.htm](http://www.childcareaware.org/index.htm)

**La Leche League**, an organization that provides breast-feeding resources and support - 1400 N. Meachum Rd., Schaumburg, IL 60173-4048 ♦ (847) 519-7730 ♦ (800) LA-LECHE ♦ (800) 525-3243 ♦ [www.lalecheleague.org](http://www.lalecheleague.org)

**National Adoption Information Clearinghouse**, an organization that provides information and resources to families on all aspects of adoption- 330 C Street SW, Washington, DC 20447 ♦ (888) 251-0075 ♦ [naic@calib.com](mailto:naic@calib.com) ♦ [www.calib.com/naic/](http://www.calib.com/naic/)

**National Foster Parent Association, Inc.** - provides support and information to families caring for a foster child - PO Box 81, Alpha, OH 45301-0081 ♦ (800) 557-5238 ♦ [www.nfpainc.org](http://www.nfpainc.org)

**National Maternal and Child Health Clearinghouse** - a clearinghouse of maternal and child health publications - (703) 356-1964 ♦ (888) 434-4MCH ♦ (888) 434-4624 ♦ [www.nmchc.org](http://www.nmchc.org)

**The Office of Minority Health Resource Center** - provides referrals, publications, and information on minority, public health issues - (800) 444-6472 ♦ [info@omhrc.gov](mailto:info@omhrc.gov) ♦ [www.omhrc.gov/frames.htm](http://www.omhrc.gov/frames.htm)

**Sexuality Information and Education Council of the United States** - provides sexuality education, information, and resources - 130 W. 42nd St., Suite 350, New York, NY 10036-7802 ♦ (212) 819-9770 ♦ [siecus@siecus.org](mailto:siecus@siecus.org) ♦ [www.siecus.org](http://www.siecus.org)












**State Children's Health Insurance Program (SCHIP)** - a health insurance program for uninsured children - (877) kids-NOW ♦ (877) 543-7669 ♦ [www.hcfa.gov/init/children/htm](http://www.hcfa.gov/init/children/htm)

**Other useful resources**

## Appendix G

## Web sites for families

The World Wide Web (WWW) presents a wealth of information and resources for families. For families who don't have access to the Web at home, we suggest trying libraries, community centers, some coffee shops, or your child's health care provider. These places may provide Web access on a free or fee-for-service basis. The following are Web sites for families on healthy practices. Ask friends, family, and professionals for other sites they find useful. Information found on the Web should be used as a guide. Families should always use their own good judgment. Consult your health care provider or others you trust if you have any questions or concerns.

Web sites							Features					FAQ	
<b>America Links Up</b> Educates parents and children about the Internet and Internet safety. <a href="http://www.americalinksup.org">www.americalinksup.org</a>	■		■		■	■							■
<b>Bright Futures</b> Provides parents and professionals with information to promote health and prevent diseases. <a href="http://www.brightfutures.org">www.brightfutures.org</a>		■				■							■



= also site for children & teens



= newsletter



= message boards



= support groups



= chat rooms



= links to other sites



= ask the experts



= on-line library



= newsgroups














= listservs





= frequently answered questions



= resources and information

Web sites											FAQ	
<b>Connect for Kids</b> Provides information and advocacy tools for families to address state and national issues regarding children. <a href="http://www.connectforkids.com">www.connectforkids.com</a>		■	■			■						■
<b>Family Village</b> Provides information and resources for families caring for children and adults with disabilities. <a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a>			■	■	■	■		■	■	■		■
<b>Internet Public Library</b> Provides a wide range of Internet links including health (exercise, mental health, etc.) <a href="http://www.ipl.org">www.ipl.org</a>	■					■	■	■				■
<b>Kidshealth</b> Educates parents, children and professionals on dealing with feelings, growing up, school, etc. <a href="http://www.kidshealth.org">www.kidshealth.org</a>	■					■	■	■	■	■	■	■

 = also site for children & teens


 = newsletter

86  = message boards

 = support groups


 = chat rooms

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 = ask the experts











 = on-line library












 = newsgroups

 = listservs

FAQ = frequently answered questions

 = resources and information

Web sites							?				FAQ	
<p><b>Mom's Online</b> Provides mothers with parenting tips and information. <a href="http://www.momsonline.com">www.momsonline.com</a></p>		■	■		■	■	■			■		■
<p><b>My Future</b> Provides teens with information on topics such as vocational schools, managing money, getting a job, etc. <a href="http://www.myfuture.com">www.myfuture.com</a></p>	■					■						■
<p><b>National Center for Fathering</b> Provides fathers with information and parenting tips. <a href="http://www.fathers.com">www.fathers.com</a></p>			■		■	■					■	■
<p><b>National Safe Kids Campaign</b> Provides families with safety guidelines and fact sheets on car seats, toys, playgrounds, etc. <a href="http://www.safekids.org">www.safekids.org</a></p>						■	■				■	■
<p><b>Parenting Resources for the 21<sup>st</sup> Century</b> Links parents and professionals to parenting information. <a href="http://www.parentingresources.ncjrs.org">www.parentingresources.ncjrs.org</a></p>						■						■

Web sites											FAQ	
<b>Single Parents Network</b> Links parents to support groups, resources and information on raising children <a href="http://www.singleparentsnetwork.com">www.singleparentsnetwork.com</a>	■		■	■		■		■	■			■
<b>Translated Health Education Materials</b> Provides health education materials in many languages. Funded by the British Columbia Ministry of Health, the Dept. of Canadian Heritage, the Vancouver Foundation and partner agencies. <a href="http://www.healthtrans.org/cgi-bin/doc_user.exe">http://www.healthtrans.org/cgi-bin/doc_user.exe</a>						■						■
<b>700+ Great Sites</b> Provides great Internet links (history, science, reading, etc.) for the whole family. <a href="http://www.ala.org/parentspage/greatsites/amazing.html">www.ala.org/parentspage/greatsites/amazing.html</a>	■					■						■



= also site for children & teens



= newsletter



= message boards



= support groups



= chat rooms



= links to other sites



= ask the experts



= on-line library



= newsgroups



= listservs



= frequently answered questions



= resources and information

If your child has a disability or special health need - or if you think your child might - there are many, many resources. The organizations and resources listed below will provide a great deal of information - and will lead you to many more. Many listed have state or local chapters.

**Alliance**, a national network of state parent centers providing information and training for families of children with disabilities. Particular focus on special education, early intervention, multicultural issues, and issues for adolescents as they become adults - 4826 Chicago Ave South, Minneapolis, MN 55417-1098 ♦ (888)248-0822 ♦ [alliance@taalliance.org](mailto:alliance@taalliance.org) ♦ [www.taalliance.org](http://www.taalliance.org)

**Exceptional Parent**, a monthly publication and library for families, addressing a wide range of topics related to children and youth with disabilities - 555 Kinderkamack Road, Oradell, NJ 07649-1517 ♦ (201)634-6550 ♦ (800) 535-1910 (library and information line) ♦ [www.eparent.com](http://www.eparent.com)



**Family Village**, a web site offering a wide variety of specific resources for families who care for children and adults with disabilities (also, see Web Sites for Families, page 86.) - Waisman Center, University of Wisconsin-Madison, 1500 Highland Avenue, Madison, WI 53705-2280 ♦ [www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu)

**Family Voices**, a national grassroots organization of families and friends of children with special health needs. State chapters and coordinators. Excellent publications on health care issues and resources - PO Box 769, Algodones, NM 87001 ♦ (505) 867-2368 ♦ (888) 835-5669 ♦ [kidshealth@familyvoices.org](mailto:kidshealth@familyvoices.org) ♦ [www.familyvoices.org](http://www.familyvoices.org)

**Federation for Children with Special Needs**, established in 1974, provides advocacy and support for families in the areas of health, education, early childhood, and transition for children and young adults with special needs - 1135 Tremont Street, Suite 420, Boston, MA 02120 ♦ (617) 236-7210 ♦ [fcsninfo@fcsn.org](mailto:fcsninfo@fcsn.org) ♦ [www.fcsn.org](http://www.fcsn.org)

**Federation of Families for Children's Mental Health**, a national organization with state chapters that provides families with support, information, and resources when caring for a child with mental, emotional, or behavioral needs 1021 Prince Street, Alexandria, VA 22314-2971 ♦ (703) 684-7710 ♦ [ffcmh@crosslink.net](mailto:ffcmh@crosslink.net) ♦ [www.ffcmh.org](http://www.ffcmh.org)

**Genetic Alliance**, an international coalition of individuals, families, professionals and genetic support organizations - 4301 Connecticut Avenue, NW, #404, Washington, DC 20008-2304 ♦ (202) 966-5557 ♦ (800) 336-GENE (Helpline only) ♦ [info@geneticalliance.org](mailto:info@geneticalliance.org) ♦ [www.geneticalliance.org](http://www.geneticalliance.org)



**Learning Disabilities Association of America**, an organization that provides information, resources and support to families caring for family members with learning disabilities - 4156 Library Road, Pittsburgh, PA 15234 ♦ (412)341-8077 ♦ [Ldanatl@usaor.org](mailto:Ldanatl@usaor.org) ♦ [www.Ldanatl.org](http://www.Ldanatl.org)

**Medline**, the National Library of Medicine provides information and links to resources on a wide range of health issues - symptoms, diagnosis, specific conditions, dictionaries, doctors and dentists,

hospitals and health-related organizations, drugs, and more - [www.healthy.net/library/search/medline.asp](http://www.healthy.net/library/search/medline.asp)

**National Information Center for Children and Youth with Disabilities (NICHCY)**, a national information and referral center that provides information on disabilities and disability-related issues. Offers state resource information - PO Box 1492, Washington, DC 20013 ♦ (800) 695-0285 ♦ [nichcy@aed.org](mailto:nichcy@aed.org) ♦ [www.nichcy.org](http://www.nichcy.org)

**Parent to Parent Programs**, state and local programs that provide information and support to parents who have a child or adolescent with special needs. They connect parents who are seeking support with other parents who “have been there.” For a list of local and regional Parent to Parent organizations contact: Beach Center on Families and Disability - 3111 Haworth Hall, The University of Kansas, Lawrence, Kansas 66045 ♦ (785)864-7600 ♦ [www.lsi.ukans.edu/beach/](http://www.lsi.ukans.edu/beach/)