



Expanded

# HEALTHY KIDS CHECK



Australian Government  
Department of Health and Ageing

The Expanded Healthy Kids Check (the Check) provides an opportunity for parents to speak with their GP, practice nurse or Aboriginal health worker about their child's health and development. You should encourage parents to raise any concerns or issues, prompted by targeted questions and reminders; and address these issues, as well as reviewing the child's health.

The content of the Check includes a physical examination, and a review of the child's physical and cognitive development, together with behaviour and social-emotional wellbeing.

Some of the items may lend themselves to completion by the parent(s) prior to the face to face consultation; you should use your discretion in this matter. It is important however that parents are able to speak about any relevant issue to do with their child. All parts of the Check need to be completed.

**Patient's Name:** \_\_\_\_\_

Male:  Female:  Date of Birth: / / Age: Years Months

**Current Contact Details:**

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian Name/s: \_\_\_\_\_

**Healthy Kids Check**

Explanation of the Healthy Kids Check given: Yes

Consent for the Check given: Yes

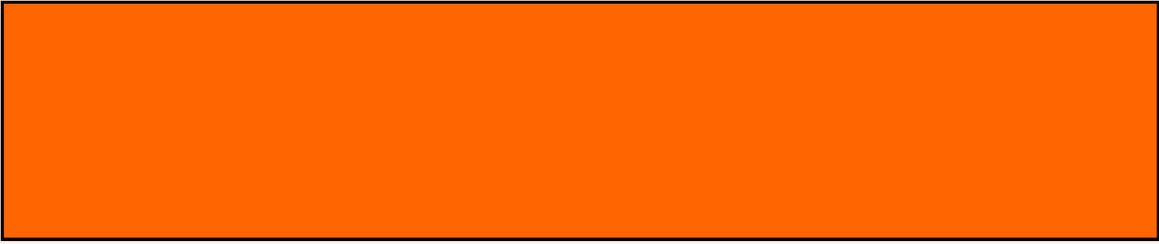
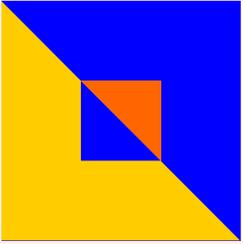
Date consent given: / / Signature of parent/guardian: \_\_\_\_\_

**Immunisation Record:**

Has an age appropriate immunisation been provided: Y N

Details: \_\_\_\_\_  
\_\_\_\_\_

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**Patient History**

**Family and Environmental factors**

- Family relationships/ family supports—strengths and challenges
- Care arrangements

**Medical and social history**

- Previous presentations: have there been previous presentations to the practice for other medical or social issues?
- Has the child been seen by other clinicians, such as allied health professionals, or by other services such as Disability Services, Child Protection Services, etc.?

**Physical Assessment**

**Lifestyle Factors**

- Eating habits
- Physical activity/inactivity

**Measure height and weight**

Child's height: \_\_\_\_\_ cm                      Percentile \_\_\_\_\_

Child's weight: \_\_\_\_\_ kg                      Percentile \_\_\_\_\_

BMI \_\_\_\_\_                      Percentile \_\_\_\_\_                      BMI is  $\frac{\text{height}}{(\text{weight})^2}$

**Oral health:**

- Inspect teeth (eg Lift the Lip).

**Eyesight:**

- Conduct a visual inspection of the eyes – for squint, etc.

**Hearing:**

- Ask parents if there are any concerns with child's hearing, if so refer for assessment.

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## Development

The following is a reminder of approximate milestones that three and four year old children are likely to have achieved. This is not a screening test; if a child has not achieved one or more of these tasks, this is not necessarily a reason for concern. Any issues that arise from this review of development should be elaborated in discussion with parents, and then combined with observations of the child during the consultation, together with other contextual information.

Review the following with the parent/s:

### For children aged 3 years 6 months or older and up to 4 years

- Falls down a lot or has trouble with stairs
- Speech difficult to understand
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Not using simple sentences
- Doesn't understand simple instructions
- No interest in pretend play or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact

### For children aged 4 years or older and to up to 5 years

- Can't jump in place or pedal tricycle
- Has trouble scribbling/using a pencil or crayon
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Difficulty with self-help skills (eg feeding and dressing)
- Has trouble retelling a favourite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Not toilet trained by day

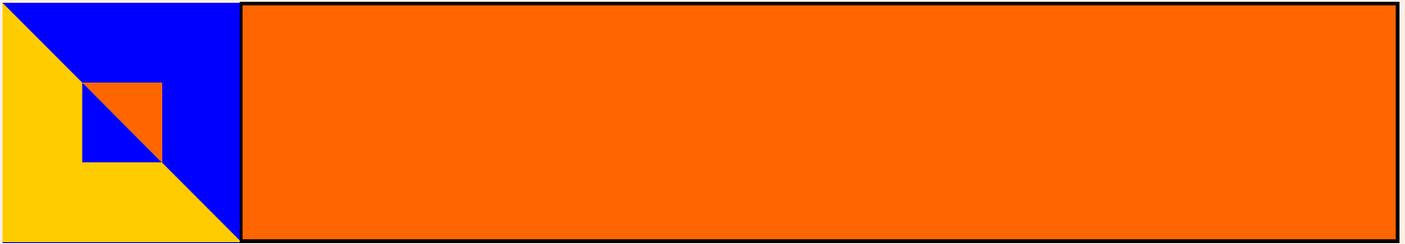
**Where review of these items raises concern about the child's development, consider need for formal developmental screening or referral for assessment.**

### **Consider referral for further assessment at any age if :**

- Limited or no eye contact
- Poor interaction with adults or other children
- Loss of skills he or she once had
- Strong parental concern

Many parents are interested in additional information about their child's development. The Raising Children Network web-site is an excellent resource (<http://raisingchildren.net.au/>). If following this section you remain concerned about the child's development, consider referral for more detailed assessment.

### **Summary of any developmental issues:**



**Behaviour, Social and Emotional Wellbeing**

These items are designed to elicit any concerns that parents might have about their child’s behavior, social functioning and emotional wellbeing. This is not a screening test and any concern/s should be discussed and addressed. Take into account parents’ responses, the nature and depth of the concerns, and your familiarity with the child and the family in deciding how best to respond. It may be that parents simply require reassurance; the child may need to be reviewed at a later date to see if concerns persist; parents may benefit from information (<http://raisingchildren.net.au/>); or the child should be referred for further assessment. It may be useful to obtain information from other people who know the child well, eg preschool teacher.

Item*	Never	Sometimes	Often
Fidgety, unable to sit still?			
Feels sad or unhappy?			
Daydreams too much?			
Refuses to share?			
Does not understand other people’s feelings?			
Feel hopeless?			
Has trouble concentrating?			
Fights with other children?			
Is down on him or her self?			
Blames others for his or her troubles?			
Seems to have less fun?			
Does not listen to rules?			
Acts as if driven by a motor?			
Teases others?			
Worries a lot?			
Takes things that do not belong to him or her?			
Distracted easily?			

\*These items are derived from the Pediatric Symptom Checklist ©1988, M.S. Jellinek and J.M. Murphy, Massachusetts General Hospital and used with their permission.

**Summary of any behavioural, social or emotional issues:**

Ask the parents if there are any other concerns or issues that they would like to raise about their child.