

## Healthy Under 5 Kids Program Child Health Checks PHC Remote Information Sheet

A child health check should be offered to all children aged less than five years per the HU5K schedule.

<b>Child History</b>	Provides a comprehensive picture of basic demographic information about the child and family, and information relating to the birth history such as pregnancy, birth and newborn baby details. Health staff (especially Medical Practitioners and Paediatricians), rely on this information when assessing children, as these details may be pertinent to current health status.
<b>Healthy Under 5 Kids Risk Assessment</b>	Identifies children and families who need to be closely supported by the primary health care (PHC) team, as well as those children who should be reviewed by a visiting Paediatrician. This should be completed by the 8 Week Check. The risk assessment may identify that some new parents / carers require additional checks to the routine schedule.
<b>First Visit (&lt; 8 weeks)</b> includes Physical Assessment and Social, Emotional & Domestic Violence Assessment	Provides a formal assessment tool to gain baseline information re the child's feeding, environment and social risk and protective influences, and should be completed during the first presentation to the health centre. Assessments from the First Visit and Risk Assessment will dictate whether a family requires additional assessments prior to the 8 Week Check.  This Check also provides anticipatory guidance, a prompt for health education re breast feeding, oral health, SIDS and injury prevention with the parent / carer.
<b>8 Week Check</b>	A comprehensive baby health assessment that provides an opportunity to assess risk factors and protective influences, prompt for immunisation, early detection of physical problems in the baby, discuss any concerns the parent / carer may have about the baby and provide relevant health promotion and education, such as play, communication, breast feeding, oral health, hygiene and SIDS prevention. This is also a time for a Medical practitioner to review the baby and mother if required. Immunisations are also due at this time. <i>Note: also ensure that the mother has her six week postnatal check.</i>
<b>4 Month Check</b>	Social risk and protective influences are re-assessed in the 4 Month Check and a basic clinical examination provided. This enables identification of any action and follow up that may be required by the health centre and/or family. This visit also provides the opportunity to further discuss breast feeding, hygiene, play and communication with the parent / carer and prompts for immunisation.
<b>6 Month Check</b> including Social, Emotional & Domestic Violence Assessment	A comprehensive check including: immunisation, developmental pointers, clinical examination, feeding information, assessment of the child's environment and social risk factors and protective influences and identification of any action and follow up required. Topics for discussion with the parent / carer include play, communication, hygiene, injury prevention, oral health and nutrition.
<b>9 Month Check</b>	This check is a clinical examination and identification of any action and follow up required by the health centre and/or family. This is also an opportunity to talk with the parent / carer about nutrition, communication and the importance of play for the child.
<b>Child Health Checks at 12, 18 Mths 2 and 3 Years</b> including Social, Emotional & Domestic Violence Assessment at 12 months, 2 and 3 years	These checks provide the opportunity for a comprehensive child health assessment. Issues should be identified for action and follow up and presents the opportunity to provide information relating to child's play, communication with the child, hygiene, nutrition, injury prevention, oral health and ear health with the parent / carer as suggested topics for discussion. Immunisation prompts are included when applicable. Medical practitioners are encouraged to see children at 12 month, 2, 3 and 4 year old checks.
<b>4 Year Check</b>	This pre-school check includes a clinical examination, immunisation, social and emotional assessment, age appropriate health education messages and identifies potential issues requiring action and follow up. Preparing the child for school, oral health and hygiene are suggested topics that should be discussed with the parent / carer during this visit.