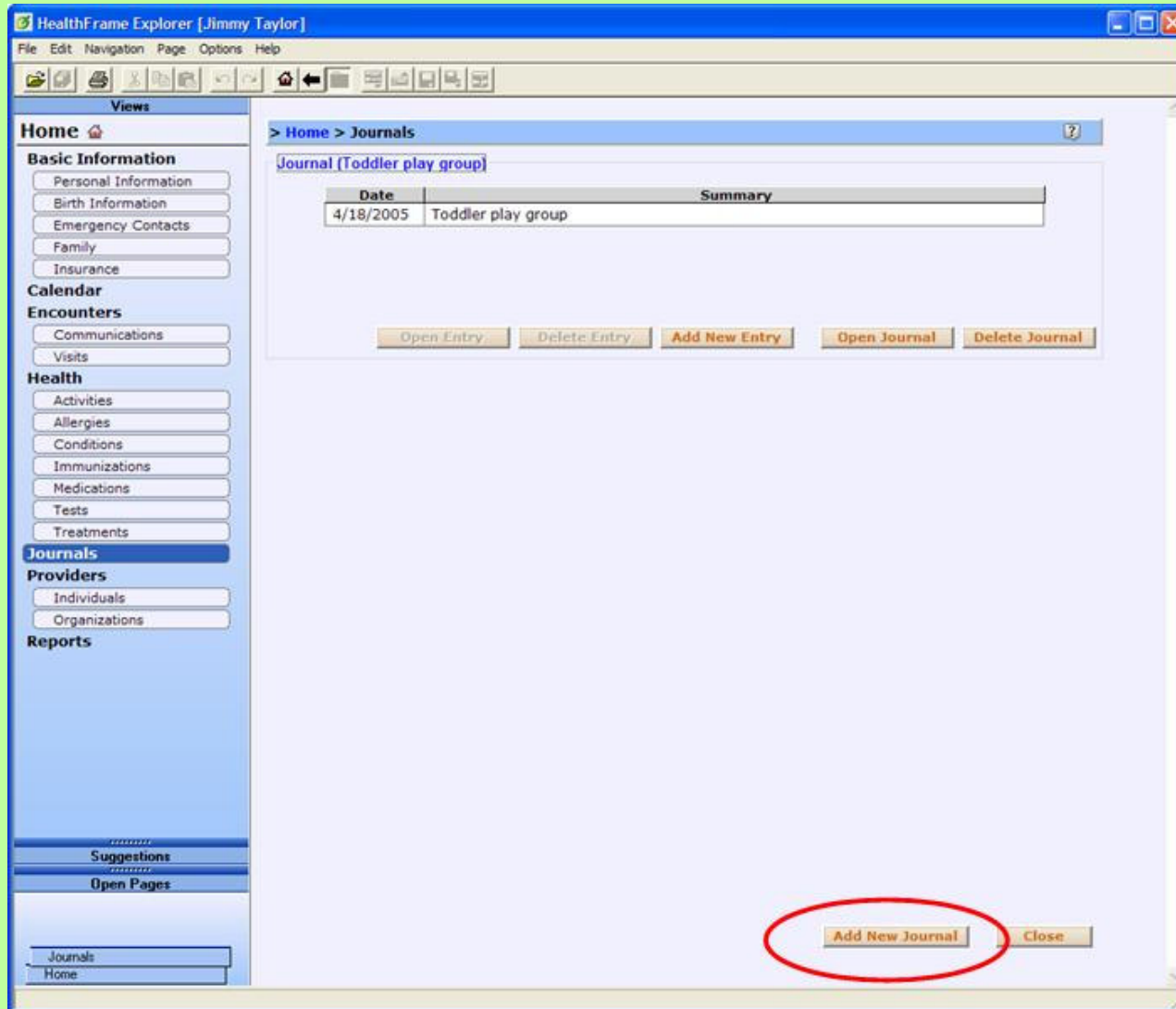


***HealthFrame™***  
***Focusing on Your Family's Health Picture***

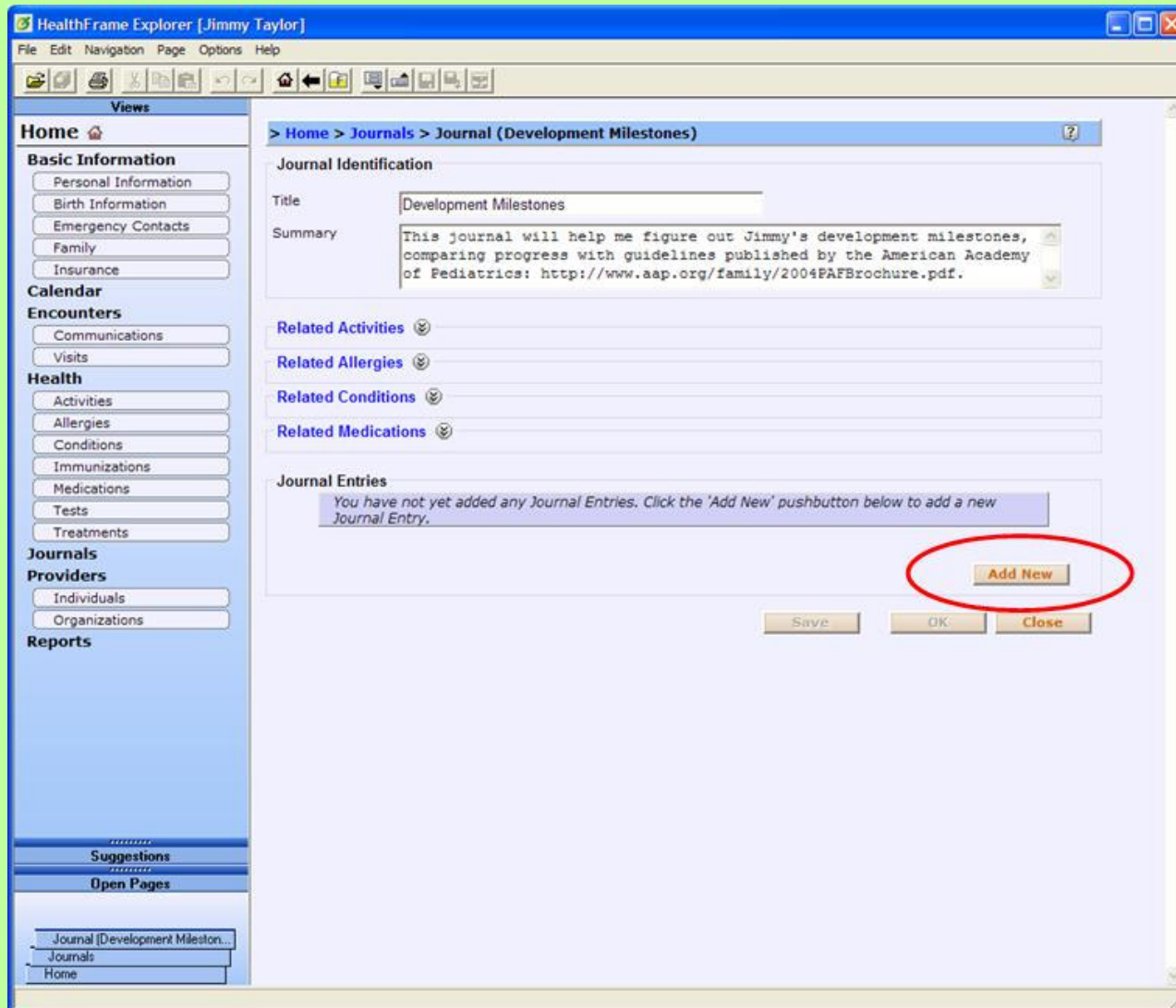
Using a Journal to Track Your Child's  
Development Milestones

- Every parent should be aware of standard guidelines for childhood development
- You should make sure your child is in line with expected guidelines
- Share your questions and concerns with your family's pediatrician
- Remember the milestones for ever:
  - When did he/she first smile?
  - What was his/her first word?
  - When did the first teeth come in? Do you have a picture to remember?
  - When was he/she crawling? Walking?



- Specify the journal title
  - *Development Milestones*
- Provide a summary
  - Be sure to list what you wish to accomplish with your journal
    - What sources of information am I using to gauge my child's progress?
      - <http://www.aap.org/family/2004PAFBrochure.pdf> (American Academy of Pediatrics)
    - What are typical development milestones, by age?
    - Is my child's progress consistent with development guidelines?
    - Do I have concerns about his/her development that I need to follow up with the pediatrician?
- Is this journal correlated with any activities, allergies, conditions, or medications?
  - If so, select specific correlations

# Development Milestones – New Entry



- Add the date and time that is relevant for each entry
- Enter enough detail in the text area, that you can review later.
- Take advantage of the word processing support:
  - Use different fonts, font sizes
  - Highlight using bold, italics, underline
  - Change indentation details
  - Paste pictures
  - Use bullets

HealthFrame Explorer [Jimmy Taylor]

File Edit Navigation Page Options Help


Views

Home > Journals > Journal (Development Milestones) > Journal Entry (3/1/2005)

Journal Entry

Date: 3/1/2005 Time: [ ]

I'm concerned that Jimmy doesn't hold his head up. **I will follow up with Dr. Fitzgerald at our next visit.**

	Typical Speech Development*	Typical Play Development*	Typical Physical Development*
<b>BY 3 MONTHS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sucks and swallows well during feeding</li> <li><input type="checkbox"/> Quiets or smiles in response to sound or voice</li> <li><input type="checkbox"/> Coos or vocalizes other than crying</li> <li><input type="checkbox"/> Turns head toward direction of sound</li> </ul>	<p><i>While lying on their back...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Visually tracks a moving toy from side to side</li> <li><input type="checkbox"/> Attempts to reach for a rattle held above their chest</li> <li><input type="checkbox"/> Keeps head in the middle to watch faces or toys</li> </ul>	 <p><i>While lying on their tummy...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pushes up on arms</li> <li><input type="checkbox"/> Lifts and holds head up</li> </ul>

(From the American Academy of Pediatrics: <http://www.aap.org/family/2004PAFBrochure.pdf>.)

Save OK Cancel

Suggestions

Open Pages

- Journal Entry (3/1/2005)
- Journals
- Birth Information
- Journal (Development Mileston...
- Home

- If you have concerns, be sure to talk to your doctor
  - Use HealthFrame's Visit preparation to track your questions, so that you're ready for the next visit. Be sure to bring:
    - Your visit preparation page
    - Your journal information
  - Once you've seen your doctor, follow-up on his/her suggestions
  - If a condition has been identified as a result of your consultation with your doctor, add the new condition, and be sure to update your journal to indicate its correlation to the condition. Likewise, if new medications are prescribed and/or recommended.



HealthFrame Explorer [Jimmy Taylor]

File Edit Navigation Page Options Help

Views

Home > Encounters > Visits > Visit (3/15/2005)

**Basic Information**

Visit Date: 3/15/2005 Visit Time: 3 PM

Visit Type: Checkup

Provider: Dr. Fitzgerald

**Preparation and Post-Visit Notes**

Reason

Preparation Notes

1. I'm worried about Jimmy's development. See journal.
2. Jimmy has been crying a lot and has a fever. I think he may have an ear infection again...

After Visit Notes

1. The doctor tells me to keep an eye on his neck control.
2. Doctor prescribed antibiotic medication for the ear infection.

Vital Signs

Related Allergies

Related Conditions

Immunizations Administered

Medication Changes

Tests Ordered or Administered

Related Treatments

Attachments

Delete Save OK Close

**Open Pages**

- Visit (3/15/2005)
- Visits
- Journal Entry (3/1/2005)
- Journals
- Birth Information

- HealthFrame's journal feature can help you
  - Track expected development milestones
  - Gauge your child's progress
  - Document questions for follow up with your child's pediatrician
  - Follow up on your pediatrician's recommendations