



HealthFrameTM Focusing on Your Family's Health Picture

Using a Journal to Track Your Child's Development Milestones

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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?



Creating a New Journal

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Journal Details



- 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?
 - <u>http://www.aap.org/family/2004PAFBrochure.pdf</u> (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

HealthFrame Explorer [Jim	
le Edit Navigation Page Option	
Views	
Home 🏠	> Home > Journals > Journal (Development Milestones)
Basic Information	Journal Identification
(Personal Information)	
(Birth Information)	Title Development Milestones
Emergency Contacts	Summary This journal will help me figure out Jimmy's development milestones,
[Family]	comparing progress with guidelines published by the American Academy
[Insurance]	of Fediatrics: http://www.aap.org/family/2004FAFBrochure.pdf.
Calendar	
Encounters	Related Activities 🛞
Communications	Related Activities
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Health	Delay d Constitution (B)
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[Immunizations]	Journal Entries
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Journals	
Providers	Add New
Individuals	
Organizations Reports	Save OK Close
Suggestions Open Pages	
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Journal Entry Details

- 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



Sample Journal Entry

HealthFrame Explorer [Jimmy	/ Taylor]			
File Edit Navigation Page Options				
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Birth Information	Date 3/1/2005	Time		
Emergency Contacts				
Family	い つ X 階 🛍 Times New Roman	▼ 12pt ▼ B Z <u>U</u> Ø		
Calendar				
Encounters	I'm concerned that Jimmy doesn't hold his he	ead up. I will follow up with Dr. Fit.	zgerald at our next visit.	
Communications)				
Visits	Total Constant and	Typical Play Development*	Typical Physical Development*	
Health	Typical Speech Development*	Typical Flay Development	iypical Physical Development	
Activities		While bring on their back	0	
Allergies	Sucks and swallows well	While lying on their back Visually tracks a moving toy from	~ { ? }	
Conditions	St Sucks and swallows well during feeding Quiets or smilles in response to sound or voice Coos or vocalizes other than crying Turms head toward direction of sound	side to side	ALS	
Medications	to sound or voice	Attempts to reach for a rattle held above their chest	While lying on their tummy	
Tests	Coos or vocalizes other than crying	Keeps head in the middle to watch faces or toys	Pushes up on arms Lifts and holds head up	
Treatments		laces of toys		
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Providers	(From the American Academy of Pediatrics:	http://www.aap.org/family/2004PAH	Brochure.pdf.)	
Individuals				
Organizations Reports				
Reports				
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Suggestions				
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Journal Entry (3/1/2005)				
Journals Birth Information				
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Home				~
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- 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.



Visits and Journals

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(Birth Information			14.7.77	
Emergency Contacts		.		
Family	Provider Dr. Fitzgerald			l .
[Insurance]	Preparation and Post-Visit Notes			
Calendar	Freparation and Fost-visit notes @			
Encounters	Reason			
Communications Visits	(Constant)			9
Health	Description National			
Activities	Preparation Notes . I'm worried a	bout Jimmy's deve	elopment. Se	e journal.
Allergies	2. Jimmy has bee	n crving a lot an	nd has a feve	r. I think he may
Conditions	an ear infection			3
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[Immunizations]	and a second	ells me to keep ar	n eye on his	neck control.
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Conclusion

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