The authors and reviewers have made every attempt to ensure the information in the Family Medicine Clinical Cards is correct – it is possible that errors may exist. Accordingly, the source references or other authorities should be consulted to aid in determining the assessment and management plan of patients. The Cards are not meant to replace customized patient assessment nor clinical judgment. They are meant to highlight key considerations in particular clinical scenarios, largely informed by relevant guidelines in effect at the time of publication. The authors cannot assume any liability for patient outcomes when these cards are used.

Canadian Family Medicine Clinical Card

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2 - 6 Months

2 months visit	4 months visit	6 months visit
Use WHO growth charts Length, wt, HC	**Use WHO growth charts Length, wt, HC**	**Use WHO growth charts Length, wt, HC**

CAREGIVER CONCERNS:

Record concerns at each visit

NUTRITION:

Addressed each visit:
- ❑ **Breastfeeding? + Vit D 400 IU/day**
- ❑ *Formula feeding/preparation*

❑ Formula amount: 600-900 mL/day	❑ Formula amount: 750-1080 mL/day ❑ Discuss future introduction of solids with emphasis on iron containing and allergenic foods	❑ Formula amount: 750-1080 mL/day ❑ **Iron-containing foods** ❑ Allergenic foods ❑ Fruits, veggies, dairy ❑ No honey ❑ Choking/safe foods ❑ Avoid food/liquids high in sugar or salt ❑ No bottles in bed

EDUCATION & ADVICE: Repeat discussion based on risk or need

Injury Prevention:

❑ **Safe sleep (position, room sharing, no bed sharing, crib safety)** ❑ **Motorized vehicle safety/car seat**	❑ *Hot water <49 C/ bath safety* ❑ *Pacifier use* ❑ Choking/safe toys ❑ Falls	❑ Electric plugs/ cords ❑ **Firearm safety** ❑ Smoke/CO detectors ❑ **Poisons: PCC#**

Behaviour & Family Issues:

❑ Parental fatigue/ post partum depression ❑ **Family healthy active living/ sedentary behaviour/ screen time** ❑ Encourage reading	❑ **Healthy sleep habits** ❑ Soothability /responsiveness ❑ **Night waking** ❑ Crying ❑ Parenting/bonding ❑ Siblings	❑ **Poverty/food insecurity** ❑ **High risk infants/ home visit need** ❑ Family conflict/ stress ❑ *Child care*/return to work

2 months visit	4 months visit	6 months visit

EDUCATION & ADVICE - Continued

Environment:
- ❑Second hand smoke/E-cigs/Cannabis
- ❑Sun exposure
- ❑Insect repellent/pesticides

Other Issues:

❑ Teething/**Dental cleaning/fluoride** ❑ **Supervised tummy time while awake**	❑ **No OTC cough/cold meds** ❑ Fever advice/thermometers ❑ *Complementary/ alternative meds?*	❑ *Temp control/overdressing* ❑ *Encourage reading*

DEVELOPMENT: Failure to meet an item is a red flag for development

❑ *Follows movt with eyes* ❑ *Coos* ❑ *Lifts head while on tummy* ❑ *Comforted/calmed by touching/rocking* ❑ *≥2 sucks before swallowing/breathing* ❑ Smiles responsively ❑ No concerns	❑ *Follows moving toy or person with eyes* ❑ *Responds to people with excitement* ❑ *Holds head steady when sitting* ❑ *Holds an object briefly* ❑ *Laughs/smiles responsively* ❑ *No concerns*	❑ *Turns head toward sounds* ❑ *Makes sounds while you talk to them* ❑ *Vocalizes pleasure & displeasure* ❑ *Rolls from back to side* ❑ *Sits with support* ❑ *Reaches/grasps w both hands equally* ❑ *No persistent closed hands/fists* ❑ *No concerns*

PHYSICAL EXAM:

❑ Fontanelles ❑ *Skin (jaundice)*	❑ Anterior fontanelle	❑ Anterior fontanelle ❑ **Cover-uncover test** ❑ *Teeth/Caries risk assess.* ❑ No head lag

Each visit:

❑ **Eyes (red reflex)** ❑ **Corneal light reflex** ❑ Bruising	❑ Hips ❑ Neck-torticollis ❑ Muscle tone	❑ *Hearing inquiry/ screening* ❑ Heart/lungs/abdomen

PROBLEMS & PLANS/CURRENT & NEW REFERRALS: Record at each visit

INVESTIGATIONS/IMMUNIZATIONS: Record vaccines, discuss pain reduction

6 month visit:
- ❑ **If HBsAG+ parent/ sibling, Hep B vaccine #3**
- ❑ *Anemia screening (if at risk)*
- ❑ *Risk factors for TB?*