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## Growth and Development Record

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Growth is an increase in body size. **Request a copy of your child's Growth Chart at each visit to the doctor.** This way you and your child's care providers can learn what is normal for your child.

Child's Name: \_\_\_\_\_

Important skills to remember - List dates your child:

Held up head \_\_\_\_\_

Smiled \_\_\_\_\_

Rolled over \_\_\_\_\_

Sat without support \_\_\_\_\_

Crawled \_\_\_\_\_

Walked without support \_\_\_\_\_

Spoke first word \_\_\_\_\_

Spoke sentences \_\_\_\_\_

Toilet trained bladder \_\_\_\_\_

Toilet trained bowel \_\_\_\_\_

**If your child has a developmental screening done, request a copy and file it behind this page.**

Be sure to ask how your child's special health care need will impact on his or her growth and development.

Ask about special programs in the community to help with your child's developmental needs. If your child is under the age of three, ask specifically for the name of the local Birth to Three program. If your child is over the age of three, ask about services from the local public school. You can learn more about this in the Education Section of this record (see side tabs).