



**PRIMARY HEALTH CONCERNS**

In your opinion, what are your child's most important health concerns?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**MEDICAL HISTORY**

How would you describe your child's general state of health (excellent, good, fair or poor)?

Please indicate any surgeries, hospitalizations, injuries or serious conditions your child has experienced with approximate dates.

Current medications or supplements, include dosage:

Past medications or supplements:

How many times has your child had antibiotics?

Does your child have any allergies (medications, environmental)?

Has your child ever experienced any of the following conditions? Please circle

Allergies- seasonal  
Diarrhea

Allergies-environmental  
Difficulty concentrating  
Appendicitis  
Difficulty sleeping  
Ear infection  
Asthma  
Eczema  
Bronchitis  
Frequent colds  
Cancer  
Hay fever  
Chicken pox  
Head lice  
Chronic Bedwetting  
Hyperactivity  
Chronic nose bleeds  
Impetigo  
Chronic Bruising  
Measles  
Cold sores  
Meningitis  
Colic  
Mumps  
Conjunctivitis(pink eye)  
Pneumonia  
Constipation  
Sinusitis  
Convulsions  
Skin rash  
Cradle Cap  
Strep throat  
Croup  
Thrush  
Diabetes  
Tonsilitis  
Diaper rash  
Urinary tract infection  
Seizures  
Headaches  
Failure to thrive  
Whooping cough

Has your child had their vision checked?

Has you child been to the dentist?

## VACCINATION HISTORY

Have you chosen to vaccinate your child?

If yes, are they on a standard schedule or delayed/spaced (circle one)

If on a customized schedule please list what vaccines, how many doses and approximate age of vaccination;

Has your child experienced any adverse reactions from a vaccination?

If yes, please describe:

## FAMILY HISTORY

Have any close relatives had any of the following conditions:

Allergies

Seizures

Anemia

Stroke

Asthma

Kidney disease

Birth defects

Psoriasis

Diabetes

Early Onset/Late Onset

Bleeding disorder

Depression

Cancer

What type:

Age of diagnosis:

Eczema

Mental illness

High blood pressure

Juvenile Arthritis

Hay fever

High cholesterol

Autoimmune disease

Do either parents or siblings have any history of chronic illness?

## **LIFESTYLE**

Does anyone in the household smoke?

Does the child exercise regularly? How much and what form of activity?

How many hours of television/computer/videogames does your child watch each day?

## **PRE-NATAL HEALTH AND BIRTH HISTORY**

Was the child adopted?

If so, what is the country of origin?

How old was the mother at the time of the child's birth?

Number of previous pregnancies the mother carried to term?

Any problems with conception?

Did the mother receive medical care during pregnancy?

Did the mother have any health concerns during pregnancy?

Did the mother take any prescription drugs during the pregnancy?

Did the mother have significant exposure to cigarettes, alcohol or recreational drugs during pregnancy?

Location of birth (circle one)      Home      Birth Center      Hospital

Vaginal delivery or C-section

Did the mother receive antibiotics in labor?

Any known complications with birth?

Weight of infant at birth:

Term length of pregnancy (how many weeks):

Any health concerns for the infant at birth?

## **DIET HISTORY**

Breast fed?      How long?

Any concerns with breastfeeding/milk supply?

Formula?      How long?

What type of formula was used? (milk, soy, other)

At what age was solid food first introduced?

Did your child have any reaction to the food being introduced?

Does your child have any known food allergies?

Does your child have any dietary restrictions? (eg. Religious, vegetarian, vegan)

**Is there anything else you would like to comment on?**