

# Child Wellness Passport

**Child's Name:**

**Birthdate:**

## My Child's Care Providers

Health Care Provider/Doctor	Phone Number	Fax Number
Child Care/Education Provider	Phone Number	Fax Number
Dentist	Phone Number	Fax Number
Other Provider	Phone Number	Fax Number
Other Provider	Phone Number	Fax Number
Other Provider	Phone Number	Fax Number

## My Child's Health Insurance Information

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Developmental milestones are behaviors or physical skills seen in infants and children as they grow and develop.

This Child Wellness passport to will help you keep track of your child's developmental milestones and other important health care information.

## What is a Screening Passport?

This pamphlet is your child's screening record. It is a way to keep track of your child's screening history and results.

### How should I use this screening passport?

- Fill out this passport whenever your child has a screening, or ask the doctor or other provider to fill it out for you.
- Take this passport, along with any completed milestone checklists for your child's age, to each check-up with your child's doctor or other provider.
- Talk about screening results with the doctor or other providers.
- Ask each provider to update your child's records with recent screening results at each visit.

Share this passport with your child care provider, teacher, home visitor, or anyone who provides services for your child.

### What should I do if I am concerned about my child's development?

Don't wait! You know your child best. Talk to your child's doctor and share screening results and completed milestone checklists.

If you or the doctor are still concerned,

- Ask the doctor for a referral for further evaluation
- Contact your state's early intervention program (if your child is under 3) or public school (if your child is 3 or older). Find the phone number for your state's early intervention program by visiting [www.cdc.gov/Concerned](http://www.cdc.gov/Concerned).

## **Breastfeeding is SO good for Mom and Baby**

Breastfeeding offers many health benefits to both mom and baby.

Babies who are breastfed:

- Experience less respiratory and gastrointestinal illnesses, as well as ear infections, allergies and skin rashes.
- Face less risk from Sudden Infant Death Syndrome (SIDS), obesity, type 2 diabetes, and leukemia.

Moms who breastfeed:

- Are less likely to develop type 2 diabetes, breast and ovarian cancers, and postpartum depression
- Heal from childbirth quicker and in many cases, lose baby weight faster

The American Academy of Pediatrics recommends exclusive breastfeeding for your baby's first six months of life, and breastfeeding supplemented with solid foods from six months to at least one year of age.

### **Tips for Making it Work:**

**Feed early and often!** Breastfeed as soon as possible after birth. In the first few days after birth, your baby will likely need to breastfeed every hour or two in the daytime and a couple of times at night.

**Learn your baby's hunger signs.** When babies are hungry, they become more alert and active. They may put their hands or fists in their mouth, make sucking motions or turn their head looking for the breast.

**Follow your baby's lead.** Make sure you are comfortable and follow your baby's lead after he or she is latched on well. Some babies take both breasts at each feeding and others take only one.

**Keep your baby close to you.** Remember that baby is not used to this new world and needs to be held very close to his or her mother.

**Avoid nipple confusion.** Avoid using pacifiers, bottles and supplements of formula in the first few weeks unless medically indicated.

**Sleep safely and close by.** Have your baby sleep in a crib or bassinet in your room so that you can breastfeed more easily at night.

**Know when to wake the baby.** In the early weeks after birth, you should wake your baby to feed if 4 hours have passed since the beginning of the last feeding.

### **Your Rights as a Breastfeeding Mother:**

Returning to work is one of the most challenging times for moms, especially those who are dedicated to breastfeeding! We are lucky to have New York State and Federal Laws that protect the rights of breastfeeding moms. Your employer is required to offer you reasonable break time to pump your milk. They are also required to offer you a location to pump that is NOT a bathroom.

You have the right to ask your employer to make a plan with you for how to make breastfeeding work. Breastfeeding is good for employers, too! Contact the New York State Department of

Labor if your employer is not supportive of your plan to pump at work.

It is your right to breastfeed your baby in any location, public or private, where you are otherwise authorized to be. Complaints can be directed to the New York State Division of Human Rights.

## Vaccinations

Vaccination is one of the best ways parents can protect infants, children and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly - especially in infants and young children.

Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

**NOTE:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

If your child has any medical conditions that put him/her at risk for infection or is traveling outside of the United States, talk to your child's doctor about additional vaccines that he/she may need.

## Recommended Immunizations

Child's Age	Vaccine	Date	Health Provider
Birth	Hep B		
1-2 Months	Hep B		
2 Months	RV		
	DTaP		
	Hib		
	PCV		
	IPV		
4 Months	RV		
	DTaP		
	Hib		
	PCV		
	IPV		
6 Months	RV		
	DTaP		
	Hib		
	PCV		
6-12 months	Influenza*		
6-18 Months	Hep B		
	IPV		

\*Influenza (Yearly): Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.



Child's Age	Vaccine	Date	Health Provider
12-15 Months	Hib		
	PCV		
	MMR		
	Varicella		
12-24 Months	HepA♦		
	Influenza*		
15-18 Months	DTaP		
2 Years	Influenza*		
3 Years	Influenza*		
4 Years	Influenza*		
4-6 Years	DTaP		
	IPV		
	MMP		
	Varicella		
5 Years	Influenza*		
6 Years	Influenza*		

♦ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

## Developmental Screenings

Screening Name	Date	Location
Battelle Developmental Inventory		
Ages and Stages Questionnaire		

## Social/Emotional Screenings

Screening Name	Date	Location
Strengths & Difficulties Questionnaire		
Ages and Stages Questionnaire: Social-Emotional		

Result	Next Steps

Result	Next Steps

## **Vision Care**

Vision problems may be suspected in children who are not responding to their environment properly. The following are some age-related guidelines that may help to decide if your child is having problems. It is important to remember that not every child is the same, and some children may reach milestones at different ages. Consult your child's doctor if you are suspicious that your child is not seeing correctly or is having other problems with his or her vision.

### **Milestones related to vision or seeing:**

#### **Birth**

- Poor eyesight
- Infant will blink in response to bright light or touching eye
- Eyes are sometimes uncoordinated, may look crossed-eyed
- Able to stare at object if held 8 to 10 inches away
- Initially fixes eyes on a face or light then begins to follow a moving object

#### **1 month**

- Looks at faces and pictures with contrasting black and white images
- Can follow an object up to 90 degrees
- Watches parent closely
- Tears begin to work

**2 to 3 months**

- Begins to be able to see an object as one image
- Looks at hands
- Follows light, faces, and objects

**4 to 5 months**

- Beginning to reach hands to objects, may bat at hanging object with hands
- Can stare at block
- Recognizes bottle
- Will look at self in mirror
- Will look at own hand

**5 to 7 months**

- Has full color vision, able to see at longer distances
- Can pick up a toy that is dropped
- Will turn head to see an object
- Likes certain colors
- Will touch image of self in mirror

**7 to 11 months**

- Can stare at small objects
- Begins to have depth perception
- Plays peek-a-boo

**11 to 12 months**

- Can watch objects that are moving fast

## **Vision Care Continued**

### **12 to 14 months**

- Able to place shapes in proper holes
- Becomes interested in pictures
- Recognizes familiar objects and pictures in books, may point to some objects when asked, "Where is the ...?"
- Points and gestures for objects and actions
- Recognizes own face in mirror

### **18 to 24 months**

- Able to focus on objects near and far
- Scribbles with crayon or pencil, may imitate drawing straight line or circle
- Can point to body parts (nose, hair, and eyes) when asked

### **36 to 38 months**

- Can copy shapes
- Vision is nearing 20/20
- Names colors

### **48 to 72 months (4 to 6 years)**

- Recognizes and recites the alphabet
- Ready to begin reading
- Has complete depth perception
- Uses scissors
- Can name coins and money

## Speech and Hearing Care

Hearing develops early in fetal development and is fully functioning at birth. While children respond differently at different stages of growth and development, hearing problems may be suspected in children who are not responding to sounds or who are not developing their language skills appropriately. The following are some age-related guidelines that may help to decide if your child is experiencing hearing problems.

It is important to remember that not every child is the same, and children reach milestones at different ages. Consult your child's doctor if you are suspicious that your child is not hearing appropriately. The National Institute on Deafness and Other Communication Disorders and other experts list the following age-appropriate hearing milestones for babies and toddlers.

Milestones related to speech and hearing:

### **Birth to 3 months**

- Reacts to loud sounds with startle reflex
- Is soothed and quieted by soft sounds
- Turns head to you when you speak
- Is awakened by loud voices and sounds
- Smiles in response to voices when spoken to
- Seems to know your voice and quiets down if crying

## Speech and Hearing Care Continued

### 4 to 6 months

- Looks or turns toward a new sound
- Responds to "no" and changes in tone of voice
- Imitates his or her own voice
- Enjoys rattles and other toys that make sounds
- Begins to repeat sounds (such as, "ooh," "aah," and "ba-ba")
- Becomes scared by a loud voice or noise

### 7 to 12 months

- Responds to his or her own name, telephone ringing, someone's voice, even when not loud
- Knows words for common things (such as, cup or shoe) and sayings (such as, "bye-bye")
- Makes babbling sounds, even when alone
- Starts to respond to requests (such as, "come here")
- Looks at things or pictures when someone talks about them
- Enjoys games like peek-a-boo and pat-a-cake
- Imitates simple words and sounds; may use a few single words meaningfully



**1 to 2 years**

- Follows one-step commands when shown by a gesture
- Uses words he or she has learned often
- Uses two to three word sentences to talk about and ask for things
- Says more words as each month passes
- Points to some body parts when asked
- Understands simple "yes-no" questions (such as, "Are you hungry?")
- Understands simple phrases (such as, in the cup, or on the table)
- Enjoys being read to
- Understands "not now" and "no more"
- Chooses things by size (such as, big or little)
- Follows two-step commands (such as, "Get your shoes and come here.")
- Understands many action words (such as, run or jump)

## Dental Care

### How to Care for Your Child's Teeth

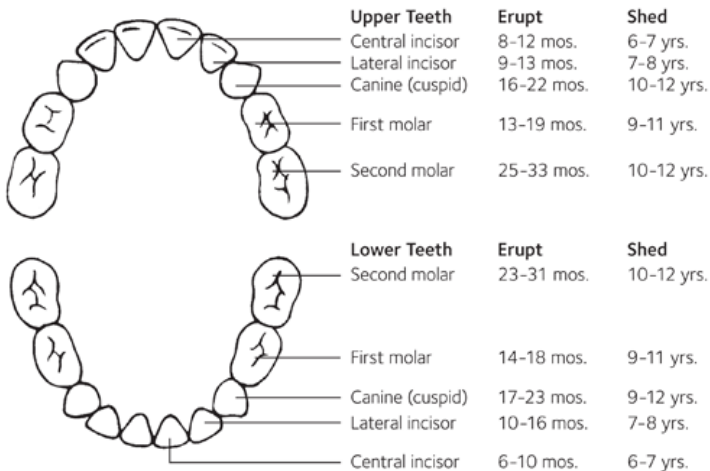
The American Dental Association (ADA) recommends parents take children to a dentist no later than their first birthday. Here's what you can do at home to start healthy habits:

- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months.
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.
- For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to

ensure that they use of the appropriate amount of toothpaste.

- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.

### Primary Teeth Eruption Chart



The chart consists of two diagrams of a child's primary teeth. The top diagram shows the upper teeth, and the bottom diagram shows the lower teeth. Lines connect labels to the corresponding teeth in both diagrams. The eruption and shedding ages are listed in columns to the right of each diagram.

Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

## Dental Care Continued

**Baby Bottle Tooth Decay:** You can help prevent your baby from getting cavities or developing what is called Baby Bottle Tooth Decay, by beginning an oral hygiene routine within the first few days after birth.

For bottle feedings, place only formula, milk or breast milk inside of the bottle and avoid sugary beverages such as juice or soda. Infants should finish their bedtime and naptime bottle before going to bed.

**Dental Emergencies:** Accidents can happen anywhere, anytime. Knowing how to handle a dental emergency can mean the difference between saving and losing your child's permanent tooth. For all dental emergencies, it's important to take your child to the dentist or an emergency room as soon as possible.

Here are some tips if your child experiences a common dental emergency:

- For a knocked-out tooth, keep it moist at all times. If you can, try placing the tooth back in the socket without touching the root. If that's not possible, place it in between your child's cheek and gum, or in milk. Call your dentist right away.
- For a cracked tooth, immediately rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down.

- If your child bites his tongue or lip, clean the area gently and apply a cold compress.
- For toothaches, rinse the mouth with warm water to clean it out. Gently use dental floss to remove any food caught between the teeth. Do not put aspirin on the aching tooth or gum tissues.
- For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with sharp or pointed instruments.

**Thumb Sucking:** Sucking is a natural reflex. Infants and young children may suck on thumbs, fingers, pacifiers and other objects. It may help them relax or make them feel safe or happy. Most children stop sucking by age 4. If your child continues to thumb suck after the permanent teeth have come in, it can cause problems with tooth alignment and your child's bite. The frequency, duration and intensity of a habit will determine whether or not dental problems may result. Children who rest their thumbs passively in their mouths are less likely to have difficulty than those who vigorously suck their thumbs. If you are worried about your child's sucking habits, talk to your dentist or consult your child's pediatrician.

## **What is Fetal Alcohol Spectrum Disorder?**

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

The damage caused by prenatal alcohol exposure is permanent. The health effects cannot be reversed, but many of them can be treated with the appropriate combination of interventions and support.

Maintaining an alcohol-free pregnancy is the only way to prevent FASD. By abstaining from alcohol during pregnancy and nursing, a woman can ensure that her baby will be free from alcohol-related defects and have a chance for a healthy life.

### **Possible Physical Effects of FASD**

The effects of FASD vary widely from person to person. Difficulties in an individual's ability to succeed at home, school, work, and in social situations may arise at different ages.

Due to damage by exposure to alcohol in the womb, babies with an FASD may be born small and underweight. Some have difficulty nursing or eating and their growth continues to lag,

resulting in failure to thrive. Some infants with an FASD may also have tremors, seizures, excessive irritability, and sleep problems.

- Brain damage
- Facial anomalies
- Growth deficiencies
- Defects of the heart, kidneys, and liver
- Vision and hearing problems
- Skeletal defects
- Dental abnormalities

### **How Can the Health Effects of FASD be Addressed?**

An early diagnosis, appropriate services, and a stable home can greatly improve the health outcomes of individuals with an FASD. It is best to involve a multiple service provider team to develop a treatment plan. The treatment plan must reflect the individual's specific symptoms and problems. Because persons with an FASD tend to have problems following multiple directions, providers should explain their treatment plan in steps or in a format that is easy to follow. The plan should also include frequent follow up visits.

#### **Additional Resources:**

1-866– STOP FAS (1-866-786-7327)

[www.fasdcenter.samhsa.gov](http://www.fasdcenter.samhsa.gov)

[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

## Developmental Chart

- Distinguishes mother from others
- Smiles
- Comfort self with pacifier or thumb
- React to the sight of bottle or breast
- Turn around when lying on stomach
- Pick up a toy with one hand
- Look at and reach for faces or toys
- Laugh out loud
- Make sounds such as “Ah, Eh, Ugh”
- Cries in a special way when hungry

**Birth to 6 Months**

- Can push things away that he/she does not want
- Reaches for familiar people
- Feeds self a cracker
- Sits alone without support
- Rolls over from back to stomach
- Transfers toys from one hand to the other
- Makes sounds like “Da-Da, or Ma-Ma”
- Responds to name and turns to look
- Babbles

**6 to 9 Months**



**9 to 12 Months**

- Can wave
- Plays “peek-a-boo” or “patty-cake”
- Picks up a spoon by the handle
- Walks around furniture or crib holding on
- Crawls around on hands and knees
- Picks up small objects with thumb and finger grasp
- Understands “no-no” or “all gone”

**1 to 1½ Years**

- May greet people with “Hi” or similar
- Gives you a kiss or hug
- Feeds self with spoon
- Lifts cup to mouth to drink
- Walks without help
- Runs
- Stands by themselves
- Scribbles with crayons
- Picks up two small toys in one hand
- Stacks two or more blocks
- Talks in single words
- Says “Mama” or “Dada”

## Developmental Chart Continued

- Most often responds to correction
- Shows sympathy- tries to comfort
- Sometimes says “No”
- May take off clothes without help
- Eats with utensils, spills very little
- Walks up & down stairs
- Runs well, seldom falls
- Kicks a ball
- Turns pages of books
- Builds towers with blocks
- Follows 2 part instructions
- Names a few objects
- Asks for things using words or sounds
- Uses at least 10 words

**1½ to 2 Years**

- Likes games like “Tag” or “Hide & Seek”
- “Pretends” playing house or school
- Plays well with other children
- Helps with household tasks
- Dresses self with help
- Washes & dries hands
- Opens doors by turning the knob

**2 to 3 Years**

- Walks stairs one foot per step
- Stands on one foot
- Climbs on ladders & slides
- Cuts with scissors
- Draws or copies vertical lines
- Scribbles with circular motion
- Speaks clearly and is understood most of time
- Talks in sentences at least 4 words long
- Speaks 50 to 100 words

**2 to 3 Years**

- Protects younger children
- Plays with minimal supervision or conflict
- Gives directions to other children
- Dresses and undresses self
- Washes face without help
- Toilet trained
- Hops
- Rides a tricycle using pedals
- Draws or copies a complete circle
- Follows simple 3 part instructions
- Talks in long sentences
- Identifies at least four colors by name
- Asks questions beginning with “Why?”, “When?” & “How?”

**3 to 4 Years**

## Developmental Chart Continued

- Shows leadership among peers
- Follows simple rules in games
- Goes to the toilet without any help
- Buttons one or more buttons
- Swings on swing by self
- Skips or jumps
- Hops around on one foot
- Prints first name, some letters & numbers
- Draws a person with at least three parts
- Draws recognizable pictures
- Can answer questions such as “What is an orange?” answers “A fruit.”
- Reads a few letters
- Counts to ten or more

**4 to 5 Years**

**PARENTS: Between regular screenings, don't miss a milestone moment!**

*Use FREE milestone checklists from [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones) to learn more about how your child plays, learns, speaks, acts and moves.*

## **Do You Need Help to Find Child Care?**

Our goal is to work with parents, providers, and businesses so that every child can be in a quality child care program. For Child Care Referrals or to inquire about Starting a Family Child Care call the Child Care Council at 1-800-4-Child-Care (1-800-424-4532) [www.chautauquaopportunities.com/District/Department/5-chautauqua-child-care-council](http://www.chautauquaopportunities.com/District/Department/5-chautauqua-child-care-council)

## **What are the indicators of high quality child care?**

Several research studies have found that high quality child care programs have certain characteristics in common. These characteristics can help parents make better child care choices for their children because they indicate a much greater likelihood of high quality care. Quality indicators measure the conditions that generally foster a safe, nurturing and stimulating environment for children. They are:

- Low child/teacher ratios
- Small group size
- Staff with higher education & on-going training
- Prior experience and education of the director
- Low teacher turnover
- Positive teacher/child interactions
- Accreditation or higher than minimum licensing standards
- Age appropriate activities
- Good health & safety practices

## **Local Resources**

**WNY 211** Call 211 or [www.211wny.org](http://www.211wny.org)

**Parent Network of WNY** 716-332-4175

[www.parentnetworkwny.org](http://www.parentnetworkwny.org)

[www.facebook.com/ParentNetwork](https://www.facebook.com/ParentNetwork)

**Aspire** 716-324-2744

[www.aspirewny.org](http://www.aspirewny.org)

[www.facebook.com/AspireWNY](https://www.facebook.com/AspireWNY)

**Chautauqua Co. Maternal and Infant Program** 716-753-4708

[www.co.chautauqua.ny.us/596/Maternal-Infant-Health-Program](http://www.co.chautauqua.ny.us/596/Maternal-Infant-Health-Program)

[www.facebook.com/Chautauqua-County-Maternal-and-Infant-Health-Program-683693928360591/](https://www.facebook.com/Chautauqua-County-Maternal-and-Infant-Health-Program-683693928360591/)

**Buffalo Hearing and Speech - Fredonia** 716-672-2731

[www.askbhsc.org](http://www.askbhsc.org)

**Chautauqua Alcoholism & Substance Abuse Council (CASAC)**

716-664-3608

[www.casacweb.org](http://www.casacweb.org)

[www.facebook.com/CASACweb.org](https://www.facebook.com/CASACweb.org)

**YWCA of Jamestown/Teenage Education And Motherhood (TEAM)** 716-664-5860

[www.ywcaofjamestown.com/index.php/programs/team](http://www.ywcaofjamestown.com/index.php/programs/team)

**Early Childhood Directions Center** 1-800-462-7653

[www.wchob.org/ecdc](http://www.wchob.org/ecdc)

[www.facebook.com/ECDCWNY1](https://www.facebook.com/ECDCWNY1)

**Children's Educational Services** 716-338-0668

<http://ces.4yourcare.org/>

**BABY & ME – Tobacco Free Program™** 716-484-3325

[www.babyandmetobaccofree.org](http://www.babyandmetobaccofree.org)

**Catholic Charities WIC Program** 716-218-1484

[www.ccwny.org/wic](http://www.ccwny.org/wic)

**The Resource Center** 716-483-2344

[www.resourcecenter.org/](http://www.resourcecenter.org/)

[www.facebook.com/ResourceCenter](http://www.facebook.com/ResourceCenter)

**Jamestown Community Learning Council** 716-483-5624

[www.jclcprograms.org](http://www.jclcprograms.org)

**Early Intervention Program/Children with Special Health Care Needs (CSHCN) of Chautauqua County** 716-753-4788

<http://chautauqua.ny.us/226/Early-Intervention-Program>

**Chautauqua Opportunities, Inc.** 716-366-8176 (North County)

716-661-9430 South (County)

[www.chautauquaopportunities.com](http://www.chautauquaopportunities.com)

**S-miles To Go Mobile Dental Van** 716-560-5127

[https://dental.buffalo.edu/CommunityOutreach/](https://dental.buffalo.edu/CommunityOutreach/MobileDentalVan.aspx)

[MobileDentalVan.aspx](https://dental.buffalo.edu/CommunityOutreach/MobileDentalVan.aspx)

## Notes



## Notes

## Notes



This passport is brought to you by...

The Chautauqua Connections Children's Coalition and Chautauqua Tapestry through Chautauqua County Department of Mental Hygiene are partnering to offer families this Wellness Passport to encourage and support healthy development of children. Parents and caregivers can use this tool to keep track of a variety of healthcare needs for their children. The Wellness Passport is designed to help parents and caregivers record specific healthcare information for children ages 0 to 5. This Wellness Passport also includes local resources to Chautauqua County.



**CHAUTAUQUA** | CHILDREN'S  
**CONNECTIONS** | COALITION

[www.cchildrenscoalition.com](http://www.cchildrenscoalition.com)

[www.facebook.com/CCChildrensCoalition](https://www.facebook.com/CCChildrensCoalition)

