

WELL CHILD EXAM

1. Height and Weight

a) should be done at every check up and plotted on growth chart

2. Head circumference

a) should be done at every exam for the first two years and then every two years until adolescence

3. Fontanel

a) posterior often closed by birth

b) anterior usually closes by one year

4. Blood Pressure

a) should be checked when child reaches 3 years

Normal Blood Pressure

AGE	BP
6	106/60
7	108/66
8	110/70
9	114/76
10	118/76
11	124/78
12	128/78
13	132/84
14	136/86
15	140/88
16	140/90

5. Heart Rate

Age	Average Rate
Birth	140
1-6 month	130
6-12 months	115
1-2 years	110
2-5 years	103
6-10 years	95
10-14 YEARS	85

6. Respiratory rate

a) for first 3 months 60 per minute then reduced to 44 per minute

7. Reflexes

a) adult reflexes no developed until around 6 to 9 months