

Well Child / Tamariki Ora National Schedule 2013

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Introduction

This 2013 Well Child / Tamariki Ora (WCTO) National Schedule (the Schedule) merges two previous schedules, that is, the birth to six weeks schedule and the six weeks to five years schedule. The Schedule outlines the assessment, family/whānau care and support, and health education activities for each of the 12 universal core contacts delivered as part of the WCTO programme, to children from birth to five years of age and their families. In addition to the 12 core contacts, there has traditionally been a general practice check at six weeks at the same time as the first immunisation event. This Schedule should be read in conjunction with the Well Child / Tamariki Ora Framework (2010) and the *Well Child / Tamariki Ora Practitioner Handbook* (Ministry of Health 2013) (the *Practitioner Handbook*).

Schedule overview

At every core contact, the WCTO practitioner will initiate and/or review a health needs assessment with the family/whānau from which a care plan will be developed and updated as necessary. The care plan will document the universal WCTO health and development assessments, family/whānau care and support and health education activities undertaken or planned to improve child health outcomes, including referrals and their status. In addition, providers will respond to concerns expressed by parents or caregivers (eg, parenting, safety or health issues).

Health and development assessments and family/whānau care and support

In this Schedule, the health and development assessments stream groups the universal assessments that relate specifically to the child and that are undertaken at each core contact as prescribed.

Family/whānau care and support components are assessments, interventions and referrals to services that relate to the context within which the child lives. WCTO health interventions and referrals to services will be offered and documented in response to the specific clinical assessments and care plan agreed with the family/whānau.

Where necessary, the tables on pages 6 and 7 provide further detail about each of the health and development assessments and family/whānau care and support components and references to current best practice guidelines.

Health education

The Schedule also describes a range of health education activities that are delivered appropriate to the core contact age bands. Health education activities will be undertaken in response to professional judgment and the needs assessment and care plan that is reviewed with the family/whānau. The tables on pages 8–10 provide details of the health education resources available for parents and references to relevant guidance material for WCTO providers.

Contact	Health and development assessments	Family/whānau care and support	Health education
Postnatal core visits			
Birth–24 hours (LMC)	Child health and wellbeing, including: brief initial examination at birth, giving Vitamin K (oral or IM) and facilitating access to hepatitis B vaccine and immunoglobulin for infants of hepatitis B surface antigen positive mothers within 12 hours of birth (refer to <i>Immunisation Handbook 2011</i> , p 98)	Maternal wellbeing Needs assessment and appropriate referral	
Within 48 hours (LMC)	Child health and wellbeing, including: full clinical examination within 48 hours and facilitating access to BCG vaccine if indicated for infants at risk of tuberculosis (refer to <i>Immunisation Handbook 2011</i> , p 259) Newborn baby vision and eye Metabolic screening as soon as possible after 48 hours	Maternal wellbeing Family health and wellbeing Family violence assessment Appropriate information and education about screening Needs assessment and appropriate referral	Breastfeeding and maternal nutrition SUDI prevention Parenting support, including dealing with baby's crying and understanding infant development
Up to 1 week (LMC)	Child health and wellbeing, including: clinical examination within 7 days (postnatal assessment), and giving 2nd dose of Vitamin K if oral administration chosen by parents Hearing screener: Universal newborn hearing screening (generally carried out prior to discharge from maternity facility)	Maternal wellbeing Family health and wellbeing Safe sleep assessment Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Shaken baby syndrome prevention Recognition and management of minor illnesses Safety/injury prevention Maternal and family/whānau support networks Immunisation
Transition core visits			
2–6 weeks (LMC)	Child health and wellbeing, including: clinical examination at discharge from maternity services, and giving third dose of Vitamin K if oral administration chosen by parents	Maternal wellbeing Family health and wellbeing Family violence assessment ABC smoking cessation Handover care to Well Child provider/GP team Needs assessment and appropriate referral	
6-week check (GP team)	Limited assessment including 6-week immunisations, 6-week vision screen, hip screen using the Ortolani and Barlow tests Address any health issues for mother and baby To provide ongoing medical and primary health care services to the baby and family/whānau Needs assessment and appropriate referral		
4–6 weeks	Comprehensive assessment, including full physical history, at entry into WCTO Provider services	Family health and wellbeing PND screen Family violence assessment ABC smoking cessation Assess breastfeeding status Needs assessment and appropriate referral	Breastfeeding and maternal/infant nutrition Immunisation SUDI prevention Recognition of childhood illness Parenting for child age and stage Safety/injury prevention

Contact	Health and development assessments	Family/whānau care and support	Health education
Infant and child core visits			
8–10 weeks	Child growth and development	Family health and wellbeing Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Breastfeeding and infant nutrition SUDI prevention Recognition of childhood illness Parenting for child age and stage Safety/injury prevention
3–4 months	Child growth and development Developmental assessment (PEDS)	Family health and wellbeing PND screen Family violence assessment ABC smoking cessation Assess breastfeeding status Needs assessment and appropriate referral	Breastfeeding and infant nutrition Immunisation SUDI prevention Recognition of childhood illness Parenting for child age and stage Child development Safety/injury prevention
5–7 months	Child growth and development Developmental assessment (PEDS)	Family health and wellbeing Family violence assessment ABC smoking cessation Assess breastfeeding status Needs assessment and appropriate referral	Breastfeeding and infant nutrition Immunisation SUDI prevention Recognition of childhood illness Parenting for child age and stage Child development Oral health Safety/injury prevention
9–12 months	Child growth and development Developmental assessment (PEDS) Oral health (Lift the Lip)	Family health and wellbeing Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Breastfeeding and nutrition Safety/injury prevention SUDI prevention Recognition of childhood illness Parenting for child age and stage Child development Oral health Early childhood education
15–18 months	Child growth and development Developmental assessment (PEDS) Oral health (Lift the Lip)	Family health and wellbeing Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Nutrition and activity Immunisation Safety/injury prevention Recognition of childhood illness Parenting for child age and stage Child development Oral health Early childhood education
2–3 years	Child growth and development (plot BMI centiles) Developmental assessment (PEDS) Oral health (Lift the Lip)	Family health and wellbeing Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Nutrition and activity Safety/injury prevention Recognition of childhood illness Parenting for child age and stage Child development Oral health Early childhood education

Contact	Health and development assessments	Family/whānau care and support	Health education
4 years B4 School Check	Child growth and development (plot BMI centile) Child Health Questionnaire (CHQ) Developmental assessment (PEDS) Behavioural assessment (SDQ) Oral health (Lift the Lip) Vision and hearing	Family health and wellbeing Family violence assessment ABC smoking cessation Needs assessment and appropriate referral	Nutrition and activity Immunisation Safety/injury prevention Recognition of childhood illness Parenting for child age and stage Child development Oral health Preparing for school

Health and development assessments

Assessment	Content
Child health and wellbeing	<p>Undertake a systematic and thorough clinical examination including:</p> <ul style="list-style-type: none"> • Apgar score at birth • observing and assessing child's overall health and wellbeing¹ • measure weight, length and head circumference² • observation and examination of the hips³ • cardiovascular system • eyes (red reflex) (from birth to seven days)⁴ <p>Review as appropriate child's immunisation,⁵ breastfeeding⁶ status and infant feeding patterns</p>
Child growth and development	<p>Observe and assess child's overall health and development⁷</p> <p>Do a physical assessment including weight, length/height and head circumference as per growth measurement schedule (calculate a BMI centile for children over two years of age)²</p> <p>Observe gait/hips³</p> <p>Carry out vision and hearing surveillance using 'Can your child see?' and 'Can your child hear?' questionnaires⁸</p> <p>Review child's immunisation⁵ and breastfeeding⁶ status</p>
Vision and hearing	<p>Universal newborn hearing screening⁹</p> <p>At the B4 School Check¹⁰</p> <p>Screen the child's hearing using sweep audiometry and tympanometry (if required)</p> <p>Screen the child's vision using the distance visual acuity screening</p>
Developmental assessment	<p>Complete and score the Parental Evaluation of Developmental Status (PEDS) questionnaire with the parents⁷</p> <p>Undertake and/or refer to agreed local service for secondary screening (ASQ) if indicated¹¹</p>
Oral health ¹²	<p>Assess the child's oral health including Lift the Lip technique</p> <p>Educate the parent/caregiver to regularly lift the child's lip at home and using available resources discuss diet and oral hygiene</p> <p>Review, and if necessary, promote and facilitate enrolment in a community dental service¹³</p>
Behavioural assessment ¹⁴	<p>At the B4 School Check, complete and score the SDQ questionnaire with the parents</p>

¹ Refer to the *Midwives Handbook for Practice* (New Zealand College of Midwives 2008) and the neonatal/postnatal/six-week assessment topics as relevant, in the *Practitioner Handbook*.

² Refer to the *Well Child Growth Measurement Factsheets 2010* at www.health.govt.nz and the Growth measurement and monitoring topic in the *Practitioner Handbook*.

³ Refer to the Hip screening topic in the *Practitioner Handbook*.

⁴ Refer to the Newborn baby vision and eye topic in the *Practitioner Handbook*.

⁵ Refer to the *Immunisation Handbook 2011* and the Immunisation topic in the *Practitioner Handbook*.

⁶ Refer to the Breastfeeding topic in the *Practitioner Handbook*.

⁷ Refer to the Development topic in the *Practitioner Handbook*.

⁸ Refer to the Vision surveillance and Hearing surveillance topics in the *Practitioner Handbook*.

⁹ Refer to the Universal newborn hearing screening topic in the *Practitioner Handbook*.

¹⁰ Refer to the B4SC section of the *Practitioner Handbook*.

¹¹ The appropriate secondary screen for PEDS will be determined based on local referral pathways and available services. Some services are using the Ages and Stages Questionnaire.

¹² Refer to *Healthy Smiles, Healthy Child: Oral health guide for Well Child Providers* at www.healthysmiles.org.nz and the Oral health topic in the *Practitioner Handbook*.

¹³ Refer to the *Healthy Smile, Healthy Child: Oral health guide for Well Child Providers*, Appendix 4 for community oral health services contact information.

¹⁴ Refer to the Behaviour assessment topic in the *Practitioner Handbook*.

Family/whānau care and support

At every core contact:

- the WCTO practitioner will initiate and/or review a health needs assessment and agree on a care plan with the family/whānau, and
- respond to assessments and refer as required.

Maternal wellbeing	Discuss maternal physical and emotional health and wellbeing postnatally, maternal and family support networks, and offer information as appropriate about relevant agencies and services ¹⁵ Breastfeeding: examination and assessment ⁶
PND screen	Alongside regular review of maternal mental health at each visit, the Patient Health Questionnaire (PHQ-3) will be administered postnatally at the 6-week and 3–4 month check to assess the possibility of depression ¹⁶
Family health and wellbeing	Discuss maternal and parent-child interaction and bonding, mental health and parenting. Relevant topics in the <i>Practitioner Handbook</i> include: <ul style="list-style-type: none"> • perinatal mental health • infant and preschool mental health and attachment • alcohol and other drugs • strengthening family relationships • parenting skills and support (see Parenting for child age and stage in the health education section for resources) • building social capital • supporting families to access income and housing • strengthening family relationships
Family violence	Routine enquiry for intimate partner violence Risk assessment for child abuse and neglect ¹⁷
Safe sleep assessment	At first home visit, undertake a safe sleep assessment ¹⁸
Smokefree environment and smoking cessation support	Offer cessation support and guidance for a smokefree environment ¹⁹ Quitline ²⁰ Aukatī Kai Paipa ²¹
Screening information and education	Provide appropriate information and education about screening ²²
Additional contacts	Assess the need for additional contacts ²³

¹⁵ Relevant topics from the *Practitioners Handbook* include Perinatal mental health, Parenting skills and support, Strengthening family relationships, Building social connectedness and social capital.

¹⁶ Refer to *Identification of Common Mental Disorders and Management of Depression in Primary Care* (NZGG 2008) and the Perinatal mental health topic in the *Practitioner Handbook*.

¹⁷ Refer to the *Family Violence Intervention Guidelines: Child and partner abuse* (Ministry of Health 2002), and the Family violence assessment: Child and partner abuse topic in the *Practitioner Handbook*.

¹⁸ Refer to the Suffocation prevention through safe sleep practices topic in the *Practitioner Handbook*.

¹⁹ Refer to the *New Zealand Smoking Cessation Guidelines* (Ministry of Health 2007) and the Smokefree environment and cessation support topic in the *Practitioner Handbook*.

²⁰ www.quit.org.nz, 0800 778 778

²¹ www.aukatikaipaipa.co.nz

²² National Screening unit website (www.nsu.govt.nz), 'What is screening?'

²³ Refer to the Needs assessments and care planning subsection in the *Practitioner Handbook* and Section 6 Supporting vulnerable parents (where relevant).

Health education

WCTO providers should refer to the relevant sections of the health education section of the *Practitioner Handbook* and health education topic-specific Ministry of Health and other relevant websites for details on WCTO health education activities. The table below outlines some resources for parents/caregivers that may be useful tools as part of the provider's overall health education approach. For a comprehensive list of Ministry of Health resources, also see the HE Catalogue (HE0007).²⁴

Health topic	Resources
Breastfeeding ²⁵	Breastfeeding naturally (HE2255) (DVD) Breastfeeding your baby (HE2098) (booklet available in multiple languages) Breastfeeding and working (HE2196) (pamphlet available in multiple languages) Preventing sudden unexpected death in infancy (HE1919) (pamphlet) Alcohol and pregnancy: when you drink so does your baby (HE4160) (pamphlet) Your pregnancy (HE1420) (booklet)
Nutrition (maternal, infants, toddlers, children)	Folic acid and spina bifida/iodine and iodine deficiency (HE4147) (booklet) Eating for healthy breastfeeding women (HE1806) (booklet)/ Eating for healthy pregnant women (HE1805) (booklet)/ Eating for healthy children aged 2 to 12 (HE1302) (booklet)/ Eating for healthy babies and toddlers (HE1521) (booklet)/ Starting solids (HE6014) (pamphlet) ²⁶ Raising Children in New Zealand (Topics: Eating section – eg, Developing baby's taste buds and Setting up a good relationship with food) ²⁷ Food and nutrition (presented in age, in the You & your child section) ²⁸
Newborn hearing	National Screening Unit (in multiple languages) ²⁹
Newborn metabolic screening	National Screening Unit ³⁰
Shaken baby syndrome prevention	Shaken Baby Syndrome (webpage) ³¹
SUDI prevention and suffocation prevention through safe sleep practices	Safe Sleep in the 'Your Health' section on the Ministry of Health website ³² and refer to the Handbook ³³

²⁴ www.healthed.govt.nz

²⁵ www.healthed.govt.nz

²⁶ www.healthed.govt.nz

²⁷ www.raisingchildren.org.nz

²⁸ www.plunket.org.nz

²⁹ www.nsu.govt.nz

³⁰ www.nsu.govt.nz

³¹ www.kidshealth.org.nz

³² www.health.govt.nz

³³ Refer to the Suffocation prevention through safe sleep practices topic in the *Practitioner Handbook*.

Health topic	Resources
Safety/injury prevention	<p>Accident Compensation Corporation³⁴</p> <p>American Academy of Paediatrics The Injury Prevention Program (TIPP)³⁵</p> <p>Dog safety³⁶</p> <p>Ministry of Business Innovation and Employment (formerly Ministry of Consumer Affairs)³⁷</p> <p>New Zealand Fire Service³⁸</p> <p>New Zealand Transport Agency³⁹</p> <p>Plunket New Zealand (eg, information about car restraints)⁴⁰</p> <p>Poisons Information Centre⁴¹ (freephone 0800 POISON/0800 764766)</p> <p>Raising Children in New Zealand (Making your home safe, Parts 1 and 2)⁴²</p> <p>Safekids New Zealand and My Safekids^{43, 44}</p> <p>Water Safety New Zealand and WaterSafe Auckland^{45, 46}</p>
Immunisation	<p>Immunisation: making a choice for your children (booklet)⁴⁷</p> <p>Immunise your children (HE1327) (pamphlet)/ National immunisation register (HE1502) (booklet available in multiple languages)</p> <p>Does your child start school soon? (HE1108) (booklet available in multiple languages)⁴⁸</p>
Oral health ⁴⁹	<p>It's easy to protect your family's smile (HE2248) (pamphlet available in multiple languages)</p> <p>Caring for teeth (HE1524) (pamphlet for new migrants)</p> <p>Water fluoridation: let's talk fluoride (HE2308) (pamphlet)</p> <p>Dental health and fluoride (HE1253) (pamphlet)</p>
Recognition of childhood illness	<p>Raising Children in New Zealand (Topics: Health and Wellbeing section)⁵⁰</p> <p>Infectious diseases (HE1215) (A4 card)⁵¹</p> <p>Health conditions (webpage)⁵²</p> <p>PlunketLine (freephone 0800 933 922 24/7)</p> <p>Healthline (freephone 0800 611 116 24/7)</p> <p>In an emergency phone 111</p> <p>Information on the Meningococcal B epidemic and the immunisation programme⁵³ (website and freephone 0800 IMMUNE/0800 466 863)</p> <p>Brief answers to your questions about infectious diseases (webpage)⁵⁴</p>

³⁴ www.acc.co.nz

³⁵ www.healthychildren.org

³⁶ www.dogsafety.govt.nz

³⁷ www.mbie.govt.nz; www.consumeraffairs.govt.nz

³⁸ www.fire.org.nz

³⁹ www.nzta.govt.nz

⁴⁰ www.plunket.org.nz

⁴¹ www.poisons.co.nz

⁴² www.raisingchildren.org.nz

⁴³ www.safekids.org.nz

⁴⁴ www.mysafekids.org.nz

⁴⁵ www.watersafety.org.nz

⁴⁶ www.watersafe.org.nz

⁴⁷ www.health.govt.nz

⁴⁸ www.healthed.govt.nz

⁴⁹ www.healthed.govt.nz

⁵⁰ www.raisingchildren.org.nz

⁵¹ www.healthed.org.nz

⁵² www.plunket.org.nz

⁵³ www.health.govt.nz/your-health/healthy-living/immunisation

⁵⁴ www.kidshealth.org.nz

Health topic	Resources
Child development, and parenting for child age and stage	Raising Children in New Zealand (Mind & Body section, presented in age bands) ⁵⁵ SKIP (Strategies with Kids/Information for Parents) provides a range of resources on topics such as preparing for toilet training, staying calm, disciplining effectively, getting baby to sleep, ages and stages, managing behaviour, jealousy and fighting, and children with special needs ⁵⁶
Maternal mental health	Depression during and after pregnancy ⁵⁷ Mothers Matter ⁵⁸ Postnatal depression: getting the support you need (pamphlet) ⁵⁹ Postnatal depression (webpage) ⁶⁰ Postnatal distress (webpage and online video) ⁶¹ Trauma and birth stress ⁶² Depression helpline (freephone 0800 111 757) Lowdown team (text 5626)
Recognition of childhood illness	Raising Children in New Zealand (Topics: Health & Wellbeing section) ⁶³ Infectious diseases (HE1215) (A4 card) ⁶⁴ Health conditions (webpage) ⁶⁵ PlunketLine 0800 933 922 (freephone 24/7) Healthline 0800 611 116 (freephone 24/7) In an emergency phone 111 Information on the Meningococcal B epidemic and the immunisation programme ⁶⁶ or freephone 0800 IMMUNE/0800 466 863 Brief answers to your questions about infectious diseases (webpage) ⁶⁷
Financial	Financial assistance when you're having a baby (webpage) ⁶⁸ Parental tax credit (webpage) ⁶⁹
Early childhood education	How ECE works (eg, Types of ECE, Choosing an ECE) (webpages) ⁷⁰
Preparing for school	Moving on to school (webpage) ⁷¹

⁵⁵ www.raisingchildren.org.nz

⁵⁶ www.skip.org.nz

⁵⁷ www.depression.org.nz

⁵⁸ www.mothersmatter.co.nz

⁵⁹ www.mentalhealth.org.nz

⁶⁰ www.plunket.org.nz

⁶¹ www.raisingchildren.org.nz

⁶² www.tabs.org.nz

⁶³ www.raisingchildren.org.nz

⁶⁴ www.healthed.org.nz

⁶⁵ www.plunket.org.nz

⁶⁶ www.health.govt.nz/your-health/healthy-living/immunisation

⁶⁷ www.kidshealth.org.nz

⁶⁸ www.workandincome.govt.nz

⁶⁹ www.ird.govt.nz

⁷⁰ www.minedu.govt.nz

⁷¹ www.minedu.govt.nz

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Ministry of Health. 2002. *Family Violence Intervention Guidelines: Child and partner abuse*. Wellington: Ministry of Health.

Ministry of Health. 2007. *New Zealand Smoking Cessation Guidelines*. Wellington: Ministry of Health.

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NZGG. 2008. *Identification of Common Mental Disorders and Management of Depression in Primary Care*. Wellington: New Zealand Guidelines Group.