

Care Team for _____

Emergencies dial 111 | PlunketLine 0800 933 922

Name / contact details for: _____

Afterhours care / advice _____

My GP _____

My midwife _____

My backup midwife _____

My Well Child/Tamariki Ora (WCTO) nurse _____

My early childhood centre _____

Other important services _____



My Care Plan Well Child

Have a smart phone? Get the Well Child App!

You can keep track of everything to do with your baby. Scan dates, immunisations, contact details, & set reminders for appointments.



Notes

My details

Name _____

Date of birth _____ Ethnicity _____

Address _____

Phone number _____

My family/whānau/caregiver

Parents/Caregivers name _____

Parents/Caregivers phone number _____

Alternative contact _____

Family history _____

| Sibling's Name | Date of Birth |
|----------------|---------------|
| | |
| | |
| | |

My health information

Allergies _____

Other _____

Newborn hearing screening 0-4 weeks _____

My immunisations

| 6wk | 3mth | 5mth | 15mth | 4yrs | 11yrs | 12yrs GIRL |
|-----|------|------|-------|------|-------|------------|
| | | | | | | |

Dental Health Check

| Enrol | 15mth | 2-3 yrs | 3-4 yrs | 5 yrs |
|-------|-------|---------|---------|-------|
| | | | | |

Well Child Checks

| Birth 24hrs (Midwife) | 24-48 hrs (Midwife) | First Week (Midwife) | 2-6 wks (Midwife) | 4-6 wks (WCTO) |
|-----------------------|---------------------|----------------------|-------------------|------------------|
| | | | | |
| 6 wks (GP) | 8-10 wks (WCTO) | 3-4 mths (WCTO) | 5-7 mths (WCTO) | 9-12 mths (WCTO) |
| | | | | |
| 15-18 mths (WCTO) | 2-3 yrs (WCTO) | B4 School | | |
| | | | | |