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### Children’s Holistic Evaluation

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Priority	Concern	Onset	How Often	Severity
1				
2				
3				
4				
5				

What are your goals for this visit?

Please use the space below to describe your child.

Immunisation Status

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**CHILD HEALTH**

Are you aware of any physical or emotional stress/ trauma that the patient may have experienced?

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Do they have any allergies to medications, foods, pollens, etc.?

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**MOTHER'S HEALTH**

Are you aware of medical problems the patient's mother experienced while pregnant?

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Are you aware of any emotional or stressful circumstances the patient's mother experienced while pregnant?

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Did the Mother experience any morning sickness during the pregnancy?

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**MILESTONES**

Did the patient meet normal milestones?

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Age crawled \_\_\_\_\_ Age walked \_\_\_\_\_

Normal or delayed speech?

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## **MIND/ EMOTIONS**

Inattentiveness or poor concentration  
Mood swings  
Anxiety  
Nervousness  
Fear  
Anger  
Irritability  
Aggressiveness (e.g. hitting, kicking, biting)  
Crying or weepiness  
Tantrums  
Perfectionist  
Hyperactivity

## **SLEEP**

Difficulty falling asleep  
Wakes in the night  
Teeth grinding  
Fears/ nightmares  
Sweating  
How do they wake in the morning  
Sleep talking  
Bed wetting

## **EYES**

Watery  
Itchy eyes  
Dark circles under eyes  
Bags under eyes  
Swollen eyelids

## **SKIN**

Dry skin  
Skin rash  
Skin ulcers  
Eczema

## **ENERGY**

Fatigue  
Sluggishness  
Apathy  
Hyperactivity  
Restlessness

## **DIET**

Poor appetite  
Refusal to eat  
Appetite for breakfast  
Picky eating

## **MUSCULOSKELETAL**

Growing Pains  
Headaches

## **DIGESTIVE SYSTEM**

Nausea  
Vomiting  
Diarrhea  
Constipation  
Bloating feeling  
Belching  
Passing gas (flatulence)  
Tummy ache  
Parasites

## **EARS, NOSE AND THROAT**

Ear aches  
Ringing in ears  
Dizziness  
Sinus problems  
Sore throat  
Mouth sores  
Dental problems  
Nose bleeds  
Snoring  
Frequent pulling on ears

## **RESPIRATORY**

Wheezing or asthma  
Chronic Cough  
Sneezing  
Cough