

# Important Information About My Child's History

Please fill this out as best you can with information about your child and share it with your child's pediatrician to help them learn more about your child.

**NAME:**

**AGE:**

**DATE:**

**HISTORY OF:**

FOSTER CARE

INSTITUTIONAL OR ORPHANAGE CARE

ADOPTION

**TRAUMA CONCERNS FROM THE CHILD'S HISTORY (CHECK ALL THAT APPLY):**

SEXUAL ABUSE

EMOTIONAL ABUSE

DOMESTIC VIOLENCE

COMMUNITY VIOLENCE

PHYSICAL VIOLENCE

SERIOUS ACCIDENT OR ILLNESS

NEGLECT

WITNESSED TRAUMATIC DEATH

SYSTEMS-INDUCED TRAUMA  
(such as removal from home, multiple placements, separation from siblings, etc.)

**CHILD'S CURRENT BEHAVIORS THAT ARE A CONCERN (CHECK ALL THAT APPLY):**

**DIFFICULT MEMORIES**

They remember traumatic events that happened in the past. They may show this to you or others by talking about what happened, by acting out what happened during their play, or by drawing pictures of past experiences. They may also have nightmares or flashbacks.

**AVOIDANCE**

They may avoid activities, people, and places that might remind them of what happened in the past. They may not want to be around others and may feel alone. They may not be interested in doing things that children usually enjoy, or they may not show a lot of emotion.

**ALWAYS BEING ON ALERT, READY FOR A FIGHT**

They may be anxious, irritable, cranky, or stubborn. They may seem jumpy and watchful of others. They may have problems staying focused. They may destroy things, or may try to hurt themselves or others. They may have a hard time controlling their emotions and behavior, and may have tantrums, get angry, or be aggressive or impulsive. They may have difficulty sleeping, may eat too much or too little, or may have problems going to the bathroom or have accidents. They may have multiple body complaints that are not related to actual illness.

**MOODINESS AND IMMATURITY**

They may sometimes seem to be in a bad mood, or they may seem unhappy or sad or tearful. They may have difficulty paying attention or may act like a younger child.

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(continued)

## DEVELOPMENTAL PROBLEMS:

- DEVELOPMENTAL DELAY OR INTELLECTUAL DISABILITY
- DOING POORLY IN SCHOOL
- POSSIBLE ALCOHOL EXPOSURE BEFORE BIRTH
- OTHER \_\_\_\_\_

## MEDICAL PROBLEMS:

## MEDICATIONS:

## HERE ARE SOME FURTHER EVALUATIONS AND SUPPORTS THAT YOU MIGHT WANT TO DISCUSS WITH YOUR CHILD'S PEDIATRICIAN.

- IDEAS FOR HELPING AND SUPPORTING THE CHILD AT HOME
- TRAUMA-INFORMED MENTAL HEALTH EVALUATION AND TREATMENT
- PSYCHIATRIC EVALUATION
- SCHOOL EVALUATION:  
A letter asking the school to have testing done by the special education department (caregiver must also sign a written request)

## OTHER MEDICAL EVALUATIONS

- HEARING \_\_\_\_\_
- VISION \_\_\_\_\_
- DENTAL \_\_\_\_\_
- SPECIALIST REFERRAL \_\_\_\_\_
- BLOODWORK OR LAB STUDIES  
Ask your pediatrician to review and order labs according to the AAP's guidelines for testing children in foster care and for those who were adopted internationally. Also ask them to consider if other testing is needed based on the specific things in your child's history.
- OTHER \_\_\_\_\_

## DOES YOUR PEDIATRICIAN HAVE LOCAL REFERRALS? (TAKE NOTES, HERE.)

## RESOURCES FOR PEDIATRICIANS, PARENTS, AND CAREGIVERS:

### Safe and Sound Materials

This form is part of a series of resources designed to help children who have experienced trauma and adversity, by helping their parents, caregivers, and other adults in their lives understand how that early trauma may have affected them. Access all of the materials at: [www.aap.org/safe&sound](http://www.aap.org/safe&sound)

### AAP Materials on Trauma

[www.aap.org/traumaguide](http://www.aap.org/traumaguide)

### Healthy Foster Care America

[www.aap.org/fostercare](http://www.aap.org/fostercare)

(see Resource Library)

### Fostering Health Manual

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Fostering-Health.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Fostering-Health.aspx)

### National Childhood Traumatic Stress Network

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

(search: "what is child traumatic stress," "invisible suitcase," "caring for children who have experienced trauma")

### National Child Traumatic Stress Network

[www.nctsn.org/resources/audiences/parents-caregivers](http://www.nctsn.org/resources/audiences/parents-caregivers)

### Policy From the AAP Council on Foster Care, Adoption, and Kinship Care

<http://pediatrics.aappublications.org/collection/council-foster-care-adoption-and-kinship-care>

### Red Book: Medical Evaluation for Infectious Diseases for Internationally Adopted, Refugee, and Immigrant Children

<https://redbook.solutions.aap.org/chapter.aspx?sectionid=88187067>

### American Academy of Pediatrics—Healthy Children

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

### Adverse Childhood Experiences Study

[www.cdc.gov/violenceprevention/acestudy](http://www.cdc.gov/violenceprevention/acestudy)

### Trauma Treatment (Child and Adolescent)

[www.cebc4cw.org/search/topic-areas/trauma-treatment-child-adolescent](http://www.cebc4cw.org/search/topic-areas/trauma-treatment-child-adolescent)

### Parent Training Programs

[www.cebc4cw.org/search/topic-areas/parent-training-programs](http://www.cebc4cw.org/search/topic-areas/parent-training-programs)

### Back to Sleep for Babies in Foster Care: Every Time, With Every Caregiver

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/sids.pdf](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/sids.pdf)

### Helping Children in Foster Care Make Successful Transitions Into Child Care:

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/childcare.pdf](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/childcare.pdf)

American Academy  
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Finding Forever Families for Children in Foster Care



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