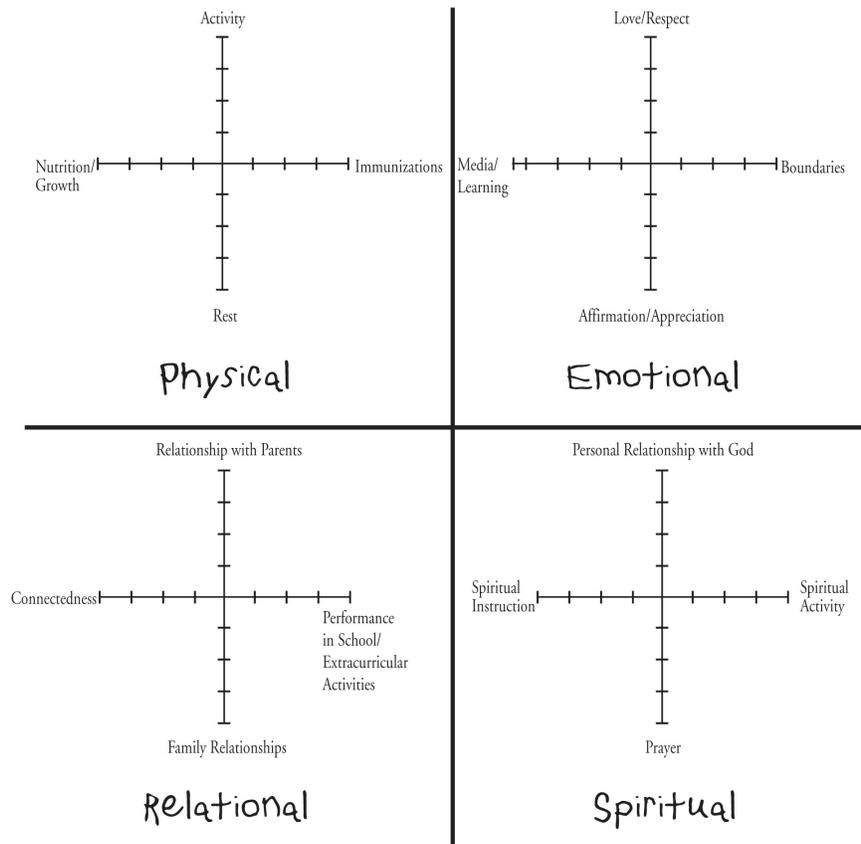


Assessing Your Child's Health

Walt Larimore, MD

Who doesn't want to help his or her children become as highly healthy as possible? With that thought in mind, I designed this tool to help you evaluate the four wheels of health your child. It's designed for children ages four to twelve. It's simple and it will help you quickly develop a picture of your child's total health balance—physically, emotionally, relationally and spiritually. We'll begin by using this simple illustration:



There is a blank graph at the end of this packet (page 19) for you to use in recording the scores. Notice that each of the four health wheels has a *hub* and two sets of *spokes*. The *hub* is the central point around which the entire wheel turns, and it involves faith—not in the religious sense but in terms of the confidence that if you provide what your child needs to be healthy, he or she will most likely become healthier over time. The *spokes* represent the measure of health your child possesses in each of these areas. The longer the spoke, the better. In this exercise, you'll assess the length of each spoke of each wheel, which will show how smooth a ride your child will enjoy on the road to health.

As you read each description, mark the appropriate spoke to represent your evaluation of your child's health in this area. The more accurately you assess your child, the more helpful this tool will be. The *hub* is the zero point. Two points will result in a half-spoke. A full spoke will have four points.

Warning! *Don't* use this exercise to show your child where he or she comes up short. To do so could be highly damaging to your child. This tool is designed for your and your spouse's eyes only—to show where *you* need to improve as parents in order to raise a healthier child.

Assessing Your Child's Health – 2006 Update

© Walt Larimore, MD and based upon the book *God's Design for the Highly Healthy Child*

You can order the book or find more information at www.DrWalt.com or www.HighlyHealthy.org

You can order the book, autographed, by dropping an email to order@DrWalt.com

1 PHYSICAL WHEEL

Hub = trust that your child's body will develop properly if nurtured

Vertical Spokes = activity and rest

Horizontal Spokes = nutrition/growth and immunizations

▲ Activity

The **top spoke** represents your child's average *physical activity* over the last two or three months.

SCORING THE "UP" SPOKE:

- 4: My child exercises (runs, walks, plays outside, or participates in sports or physical education) at least thirty minutes six or seven days a week.
- 3: My child exercises at least thirty minutes per day, four or five days a week.
- 2: My child exercises at least thirty minutes per day, three days a week.
- 1: My child exercises only one or two days a week or less than thirty minutes a day.
- 0: My child is a couch potato. He or she participates in no or little physical education at school and no or few sports activities.

▼ Rest

On average, over the last two to three months, how would you assess your child's *sleep and rest habits*? Consider these factors for the **bottom spoke**. Put a check by each that applies to your child:

- My child goes to bed at a reasonable hour.
- My child gets eight or more hours of restful sleep most nights of the week.
- My child usually wakes up refreshed.
- My child has time every day for play, rest, and recreation.
- My child enjoys one or more adequate, restful family vacations each year.

SCORING THE "DOWN" SPOKE:

- 4: My child achieves all five of the above.
- 3: My child achieves four of the above.
- 2: My child achieves three of the above.
- 1: My child achieves two of the above.
- 0: My child achieves zero or one of the above.

Now let's turn our attention from the *vertical spokes* of the *physical health* wheel to its *horizontal spokes*.

◀ Nutrition/Growth

The **left hand spoke** represents your child's *nutritional habits and growth*. Each component accounts for no more than *one-half* of the **left spoke**. First, let's assess the *nutrition* portion of the spoke. Consider these factors and put a check by each that applies to your child:

- 1. My child drinks plenty of water daily.
- 2. My child eats at least 2-4 servings of fruits and three to five servings of vegetables daily.

- ___ 3. My child eats at least three nutritious meals per day.
- ___ 4. My child has minimal intake of caffeine and soft drinks.
- ___ 5. My child has minimal intake of saturated fats and highly processed foods.
- ___ 6. My child has fewer than two or three fast-food meals a month.
- ___ 7. My child is rarely exposed to secondhand smoke.

SCORING THE “LEFT HAND” SPOKE:

- 2: My child does six or seven of the above.
- 1: My child does four or five of the above.
- 0: My child does less than four of the above.

Now let’s consider your child’s *growth*. If your child is two years old or older, the most accurate assessment of healthy growth is the Body Mass Index (BMI) percentile. By far the easiest way to do this is with an online calculator (http://pediatrics.about.com/cs/usefultools/1/bl_bmi_calc.htm).

If you do not have Internet access, just determine your child’s **BMI percentile** by using the charts at the end of this packet. First, you’ll need to plot your child’s BMI (page 15). Then, plot that number on one of the growth charts on the following pages (pages 16 or 17, but be careful as one is for boys and one is for girls). Then, you’ll have your child’s specific BMI percentile.

MORE SCORING ON THE “LEFT HAND” SPOKE:

- 2: My child’s BMI percentile is normal (between the 15th and 85th percentile).
- 1: My child’s BMI percentile is in the 5th to 15th percentile (borderline underweight) OR the 85th to 94th percentile (overweight).
- 0: My child’s BMI percentile is under the 5th percentile (underweight) or over the 95th percentile (obese).

Your final mark on this spoke should be the *sum* of the *nutrition* and *growth* marks.

► Immunizations

Of all the preventive measures available to positively influence a child’s physical health, this one may be the most essential. To measure this **right hand spoke**, determine how many recommended **immunizations** your child has received. You can find a list at the end of this packet (page 18) and on my website (www.highlyhealthy.net), or you can call the nurse at your child’s doctor’s office and ask him or her.

SCORING THE “RIGHT HAND” SPOKE:

- 4: My child has received all recommended vaccines.
- 3: My child has received between 75 and 100 percent of the recommended vaccines.
- 2: My child has received between 50 and 75 percent of the recommended vaccines.
- 1: My child has received between 25 and 50 percent of the recommended vaccines.
- 0: My child has received less than 25 percent of the recommended vaccines.

NOTE: If your child or family is wrestling with a weight problem, or your family has a history of obesity, you can more fully evaluate this risk with a new tool Dr. Walt has developed. You can find it at <http://supersizedkids.com/resources/quiz/index.asp>.

2 EMOTIONAL WHEEL

- Hub = trust that your child's emotions will develop properly if nurtured
Vertical Spokes = love/respect and affirmation/appreciation
Horizontal Spokes = media/learning and boundaries

You will note that the **vertical spokes** examine *parental love or warmth*, while the **horizontal** spokes examine *parental limits or demandingness*. To put it another way, the *vertical* looks at *relationships*, and the *horizontal* looks at *rules*. These two must be balanced for your child to be highly healthy *emotionally*.

▲ Love/Respect

Consider these factors for the **top spoke** of this wheel. Check those that apply:

- I frequently communicate to my child that I love him or her.
- I enjoy reading and talking to my child in a warm and friendly voice.
- I try to show interest and enthusiasm when my child is speaking. I pay attention when he or she talks to me—even if it means stopping what I'm doing.
- I feel emotionally warm and affectionate toward my child and hug or hold him or her frequently.
- I consciously look for things to admire, respect, and appreciate about my child.
- I look for opportunities to find my child doing things correctly and well.

SCORING THE “UP” SPOKE:

- 4: I believe all six of the factors above are true.
- 3: I believe five of the factors above are true.
- 2: I believe four of the factors above are true.
- 1: I believe two or three of the factors above are true.
- 0: I believe zero or one of the factors above are true.

FOR EXTRA CREDIT:

- A. I feel my love for my child is most frequently **unconditional**—that my love is not withheld based on behavior, performance, or looks. (Of course, this doesn't mean you always like the behavior. But it does mean you always love your child “in spite of ...,” even when you detest the behavior.)
- B. I feel my love for my child is most frequently **conditional**—that my love is predicated on how my child behaves, performs, or looks (love “if ...” or “because of ...”).

EXTRA POINT FOR THE “UP” SPOKE:

- Add up to 1 point if A is true.
- Subtract up to 2 points if B is true.
- However, the maximum is a full 4-point spoke.

Why do I give so much credence to the *type* of love we choose to give our child? You can learn more in my book, *God's Design for the Highly Healthy Child*. However, a key foundation for a highly healthy child is *unconditional love*—which balances love with discipline, freedom with limits, and nurture with training.

▼ Affirmation/Appreciation

Consider the following factors for the **bottom spoke**. Check those that apply:

- ___ I am my child's best cheerleader. I frequently praise my child and tell my child I appreciate what he or she has done and that I believe in him or her.
- ___ I hug my child frequently and often tell my child how much I appreciate him or her.
- ___ I thank my child for doing things without my asking, and I demonstrate my gratitude for the little things he or she does.
- ___ I desire to spend time with my child and enjoy being with him or her.
- ___ My child is comfortable coming to me when he or she is experiencing joy, satisfaction, guilt, shame, sadness, or a host of other emotions.
- ___ My child frequently talks with me and enjoys being with me. I try to listen to my child without preaching, judging, or criticizing. I listen to my child with the intent to just listen.
- ___ I understand my child's temperament, talents, and love language. I let my child know about the unique qualities, gifts, and talents I admire in him or her.
- ___ I know what my child is capable of achieving, and I help my child set goals based on what is appropriate for him or her as a unique individual.

SCORING THE "DOWN" SPOKE:

- 4: I believe eight of the factors are true.
- 3: I believe six or seven of the factors are true.
- 2: I believe four or five of the factors are true.
- 1: I believe two or three of the factors are true.
- 0: I believe zero or one of the factors are true.

Researchers call these two vertical spokes the "**parental warmth**" or "**parental receptiveness**" spokes. They deal with your expression of verbal and physical affection toward your child, as well as your praise and acceptance. Now we'll turn from the **vertical spokes** of the emotional health wheel to its **horizontal spokes**.

◀ Media/Learning

To come up with the measurement for this **left hand spoke**, add the following two factors together:

MEDIA

One could make the argument that today's children are over-stimulated. More often than not, too much **media** in your child's life—video games, computer games, music DVDs and television—assaults their senses, negatively affects their thinking, and is detrimental to their emotions and body. Many media providers are trying to influence your children in ways that many consider highly unhealthy. Highly healthy parents and children know how to set limits when it comes to media. Where does your child line up?

SCORING THE "LEFT HAND" SPOKE:

- 2: Our home is TV free or my child watches TV one hour or less a day, and the computer/Internet is only used in a public area of our home and for educational purposes. If my child watches TV, I routinely monitor what he or she watches. I monitor what my child does on the Internet.
- 1: My child is routinely exposed to two hours or less a day of media (television, videos, video games, and computer activities). Also, I sometimes monitor what my child watches on TV and does on the Internet.

- 0: My child is routinely exposed to two to four or more hours a day of media, or I never monitor what my child watches on TV and does on the Internet.
- 1: Subtract up to 1 point if your child has a TV in his or her bedroom or unfettered Internet access in the bedroom.

LEARNING

The second half of this **left hand spoke** is your child's *enjoyment of learning and mental activity*. Research shows that the brain, like a muscle, must be exercised in order to remain highly healthy. Just as physical activity helps a child's physiological structure stay healthy, stimulating mental activity benefits his or her brain. Activities such as reading, doing crossword puzzles, and even playing board games with family members have been linked with sharper minds throughout life. So how much does your child like to learn?

MORE SCORING ON THE "LEFT HAND" SPOKE:

- 2: My child shows a moderate to high level of enjoyment for mental activities such as reading, ongoing education and learning, challenging mental tasks, good conversation, or board games with the family.
- 1: My child shows little enjoyment for mental activities and learning.
- 0: My child shows almost no enjoyment for mental activities and learning.

► Boundaries

Teaching a child to reduce the media to which he or she is exposed and *setting appropriate expectations and limits* compose what researchers call "*parental demandingness*." When balanced with parental warmth (the love spokes), a child is more likely to be highly healthy. *Too* much of one or *too* little of the other leads to reduced levels of health.

"*Parental demandingness*" (discipline, expectations, and coaching) is the extent to which a child's parents expect responsible behavior from their child and maintain what the researchers call a "hands-on attitude." This includes consistently setting and enforcing rules or limits on your child. Rules for children, however, must be clear, reasonable, developmentally appropriate, fair and just, mutually agreed upon, and flexible—*emphasizing what to do rather* than just *what not to do*.

Measure this **right hand** spoke based on how many of these boundaries you consistently impose:

- I routinely know where my child is after school and on weekends.
- I expect to be and am told the truth by my child about where he or she is really going.
- I am aware of my child's academic performance and visit with his or her teachers from time to time.
- I eat dinner with my child at least five times a week.
- I eat breakfast with my child at least five times a week.
- I assign my child regular chores.
- I turn off the TV during dinner and rarely eat in front of the TV.
- There is an adult present whenever my child returns from school.

SCORING THE "RIGHT HAND" SPOKE:

- 4: Seven or eight of the above factors are true for our family.
- 3: Five or six of the above factors are true for our family.
- 2: Three or four these factors are true for our family.
- 1: One or two of these factors are true for our family.
- 0: None of these factors are true for our family.



USE THESE MEASURES TO DETERMINE YOUR PARENTING STYLE

Add the points from *both* Vertical Spokes = Parental Warmth Score _____
 Add the points from *both* Horizontal Spokes = Parental Demandingness Score _____

A parent’s ability to balance what the researchers call ‘*warmth*’ and ‘*demandingness*’ will be directly associated with their child’s overall health. To assess your parenting style (which may be different than the style of your spouse, if you’re married), use the table below. Check the box(es) in the *warmth* column that apply to you, then the box(es) in the *demandingness* column that apply to you.

Now find the row where you have a box checked in each column. That row will indicate your likely parenting style.

Warmth		Demandingness	
<input type="checkbox"/> 7-8 points	and	<input type="checkbox"/> 7-8 points	Strong Eagle Parents High warmth and demandingness are balanced
<input type="checkbox"/> 5-6 points	and	<input type="checkbox"/> 5-6 points	Average Eagle Parents Moderate warmth and demandingness are balanced
<input type="checkbox"/> 3-4 points	and	<input type="checkbox"/> 3-4 points	Weak Eagle Parents Low levels of warmth and demandingness are balanced
<input type="checkbox"/> 0-6 points	and	<input type="checkbox"/> 3-8 (and at least 2 points higher than warmth)	Grizzly bear Parents
<input type="checkbox"/> 3-8 (and at least 2 points higher than demandingness)	and	<input type="checkbox"/> 0-6 points	Labrador retriever Parents
<input type="checkbox"/> 0-2 points	and	<input type="checkbox"/> 0-2 points	Sloth Parents Low warmth and demandingness

If you are not a “Strong Eagle Parent,” then it’s likely that developing your parenting skills will result in a far more highly healthy child.

3 RELATIONAL WHEEL

Hub = trust in and nurturing healthy relationships with others and self

Vertical Spokes = relationship with parents and family relationships

Horizontal Spokes = connectedness/attitude and performance in school and extracurricular activities

▲ Relationship with Parents

Of all the characteristics of highly healthy parents, other than loving your children unconditionally, the most important is the **quantity** of time you sacrificially give to your child. Your relationship with your child is critical to his or her self-concept and ability to develop and maintain healthy relationships. A crucial measure of your relationship is the **amount of time you** spend with your child. Use these factors to mark this spoke:

SCORING THE “UP SPOKE”:

- 4: Both my spouse and I spend more than thirty minutes each day with our child(ren).
- 3: Either my spouse or I spend more than thirty minutes each day with our child(ren); the other spends between two and three hours each week with our child(ren).
- 2: Both my spouse and I spend between two and three hours each week with our child(ren).
- 1: Both my spouse and I spend some time but less than two hours weekly with our child(ren).
- 0: Neither my spouse nor I spend any significant time with our child(ren).

▼ Family Relationships

The relationship between a child’s parents is a *critical* factor in the life of a highly healthy child. What is the **ib** around your child? Use these factors to mark this **bottom spoke**:

SCORING THE “DOWN” SPOKE:

For married, biological parents who live together

- 4: My spouse and I have a great marriage.
- 3: My spouse and I have a moderately good marriage.
- 2: My spouse and I have a marriage fair in quality.
- 1: My spouse and I have a marriage of poor quality.

For married parents of adopted children who live together (For further information on why adopted children may be at greater risk for not becoming highly healthy, see pages 183–84 in God’s Design for the Highly Healthy Child)

- 3: My spouse and I have a great marriage.
- 2: My spouse and I have a moderately good marriage.
- 1: My spouse and I have a marriage fair in quality
- 0: My spouse and I have a marriage of poor quality.

For single parents

- 4: I spend more than thirty minutes each day with my child. I also involve positive, significant role models of the opposite gender (of the single parent) in my child’s life three hours or more each week.
- 3: I spend more than thirty minutes each day with my child. I also involve positive, significant role models of the opposite gender (of the single parent) in my child’s life at least one hour each week.

- 2: I spend at least thirty minutes each day with my child. I have not yet provided positive, significant role models of the opposite gender (of the single parent) for my child.
- 1: I spend less than thirty minutes each day with my child. I have not yet provided positive, significant role models of the opposite gender (of the single parent) for my child.
- 0: I spend less than two hours each week with my child. I have not yet provided positive, significant role models of the opposite gender (of the single parent) for my child.

For parents in blended families

- 4: My relationship with my spouse and my stepchildren is great, and we have five or more years under our belts.
- 3: My relationship with my spouse and my stepchildren is great, and we have less than five years under our belts.
- 2: My relationship with my spouse and my stepchildren is only moderately good.
- 1: My relationship with my spouse and my stepchildren is fair to poor.
- 0: My child and I are in a blended family, but I am not married.

Now let's take into account the *horizontal spokes* of the **relational wheel**.

◀ Connectedness/Attitudes

A child's connectedness to his or her parents and friends is foundational to his or her relational as well as emotional health (since relational and emotional health are intricately interwoven). Connectedness in the parent-child relationship begins with affirmation, blameless (unconditional) love, and boundaries, which we've already measured as part of the emotional wheel. Children with healthy levels of connectedness not only have **strong relationships with good friends** or playmates; they also exhibit **positive attitudes** such as a willingness to interact constructively with others, a can-do attitude, a willingness to tackle new adventures, a sense of optimism, and an ability to make friends comfortably.

Add the following *two* factors to come up with the measurement of the **left hand spoke**:

SCORING THE "LEFT HAND" SPOKE:

Connectedness with friends or playmates

- 2: My child has terrific relationships and plays well with others.
- 1: My child has fair to moderately good relationships with his or her friends or sometimes doesn't play well with others.
- 0: My child either has poor, negative relationships with his or her friends, or my child usually doesn't play well with others.

MORE SCORING ON THE "LEFT HAND" SPOKE:

Attitudes: Consider the following factors. Check each that applies to your child:

- My child displays a can-do attitude.
- My child displays a willingness to tackle new adventures.
- My child displays a sense of optimism.
- My child displays an ability to make friends comfortably.

- 2: My child displays four of the above factors.
- 1: My child displays two or three of the above factors.
- 0: My child displays zero or one of the above factors.

► Performance in School/Extracurricular Activities

Rate this spoke by the *meaningfulness of your child's "work"*—how he or she is doing in school. Given individual talents, how much is he or she achieving? How is your child doing in extracurricular activities? Does your child participate in at least *one healthy activity*—a club, sport, or church activity—that gives him or her satisfaction?

SCORING THE “RIGHT HAND” SPOKE:

Performance in school

Given my child's gifts, temperament, and talents—

- 2: My child is performing as competently as he or she can.
- 1: My child is performing with some competence but not as competently as he or she can.
- 0: My child isn't performing nearly as competently as he or she can.

MORE SCORING ON THE “RIGHT HAND” SPOKE:

Extracurricular activities

- 2: My child participates in at least two healthy activities—club, sport, or church activity—that gives him or her satisfaction.
- 1: My child has one healthy activity—a club, sport, or church activity—that gives him or her satisfaction.
- 0: My child is not involved in healthy extracurricular activities.

4 SPIRITUAL WHEEL

Hub = trust in and nurturing a healthy relationship with God
Vertical Spokes = personal relationship with God and prayer
Horizontal Spokes = spiritual instruction and spiritual activity

▲ Personal Relationship with God

I define true, positive spirituality in terms of a *personal relationship with God* resulting in an internal change that yields love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. However, these traits can take years to develop and are not at all natural to children—even if they have a close relationship with God. The greater the depth of a child’s spiritual health, the more likely the child is to be physically, emotionally, and relationally healthy. This can be difficult to assess, especially in young children, but it’s worth it to give it your best shot.

SCORING THE “UP” SPOKE:

- 4: My child believes in God and shows evidence of an extremely close relationship with God.
- 3: My child believes in God and shows evidence of a moderately good relationship with God.
- 2: My child believes in God and shows evidence of some relationship with God.
- 1: My child believes in God but doesn’t seem to have a personal relationship with God.
- 0: My child has no apparent relationship with and no apparent belief in God.

▼ Prayer

In its simplest form, *prayer* is an intimate conversation between your child and his or her Creator. Prayer can occur anywhere and anytime. It doesn’t require a church or synagogue, a particular place or position. Prayer can be as simple as thanking God for the good things that happen each day. How often does your child pray?

SCORING THE “DOWN” SPOKE:

- 4: My child prays every day.
- 3: My child prays only a few days each week.
- 2: My child prays only a few times each month.
- 1: My child prays only on special holidays or before family meals.
- 0: My child never prays or prays only during a crisis.

◀ Spiritual Instruction

The foundation for spiritual health is most effectively laid during childhood and must include *spiritual instruction*. Activities such as family scripture reading, Sunday school or religious classes, vacation Bible or religious school, church or religious camp, and the like can all play a role in spiritual instruction.

SCORING THE “LEFT HAND ” SPOKE:

Your child’s daily or weekly religious instruction

- 2: My child participates in two or more activities such as attending a faith community; joining in our family’s Scripture reading; and attending religious classes each week.
- 1: My child participates in only one activity such as attending a faith community; joining in our family’s Scripture reading; and attending religious classes each month.
- 0: My child participates in no religious instruction venues.

MORE SCORING ON THE “LEFT HAND” SPOKE:

Your child's daily or weekly religious instruction

- 2: My child participates in two of the following or similar activities each year: religious camp, vacation religious school, or a religious play.
- 1: My child participates in one of the following or similar activities each year: religious camp, vacation religious school, or a religious play.
- 0: My child participates in no annual religious instruction.

► **Spiritual Activity**

SCORING THE “RIGHT HAND” SPOKE:

Your child's daily or weekly involvement in a faith community

- 2: My child and I are involved at least weekly in a healthy, positive spiritual community in which we receive supportive guidance and practice accountability.
- 1: My child and I are involved less than weekly but at least monthly in a healthy, positive spiritual community in which we receive supportive guidance and practice accountability, or we are involved in a spiritual community but it's somewhat unhealthy and offers only some supportive guidance and accountability.
- 0: My child and I are not involved in a spiritual community at all, or we are involved in a spiritual community but it's very unhealthy and offers no supportive guidance and accountability.

MORE SCORING ON THE “RIGHT HAND” SPOKE:

Your child's giving habits

- 2: My child gives away time, treasure (money), or talent at least monthly by participating in at least one of the following or similar activities: volunteering at a soup kitchen, helping a neighbor, cleaning up along a roadside, or giving money to a church or charity.
- 1: My child gives away time, treasure (money), or talent once each year by participating in at least one of the following or similar activities: volunteering at a soup kitchen, helping a neighbor, cleaning up along a roadside, or giving money to a church or charity.
- 0: My child does not give away time, treasure (money), or talent by serving others.

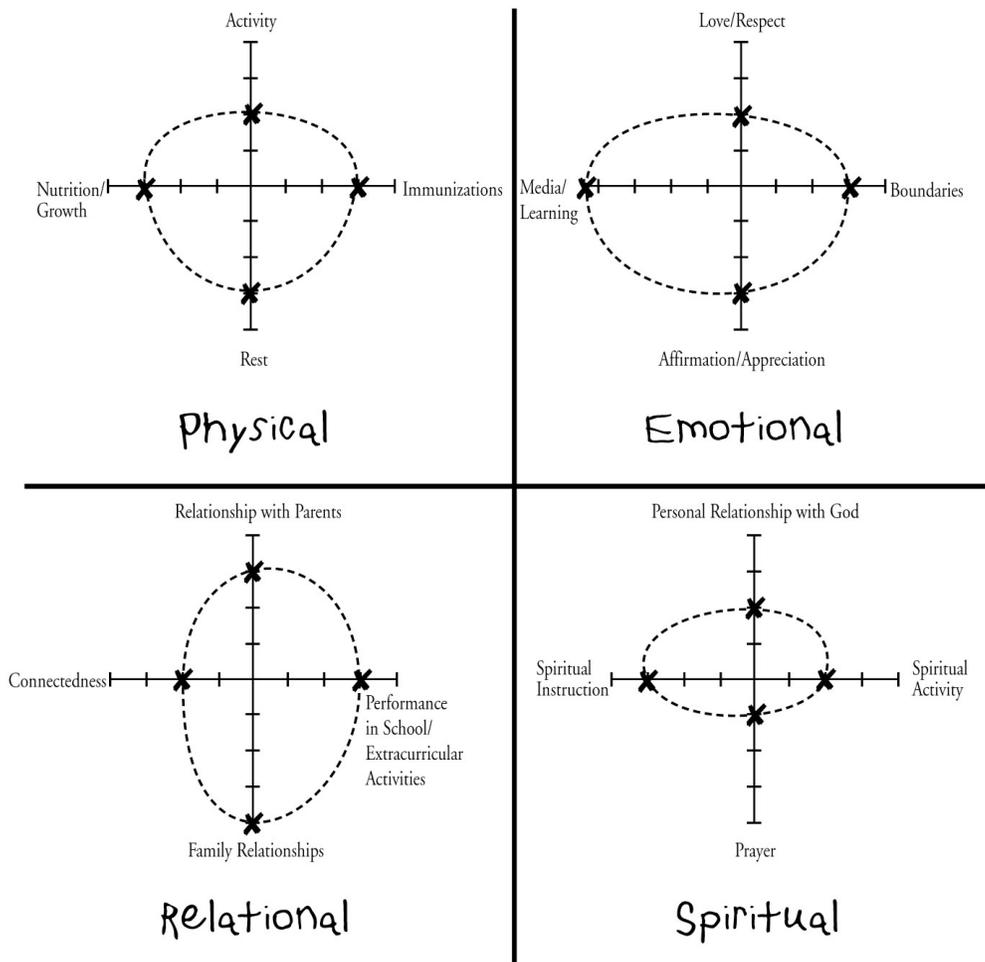
1 2 3 4 THE WHOLE PICTURE

Now that you've marked the estimated length of the spokes on your child's four wheels of health, complete the picture by drawing a circle from the end of each spoke. Are your child's wheels (circles) round, or are they flat in spots? If there are any severely wobbly 'wheels,' he or she is less than highly healthy. Could he or she make it very far on a set of wheels like you see below? Now is the time to begin lengthening the short spokes of your child's wheels of health. If you take the principles in this book to heart and apply them, you'll see different spokes lengthen as you make decisions a parent who intends to raise a highly healthy child would make.

Now is the time to begin lengthening the short spokes of your child's wheels of health. It's fine at this juncture to identify the flattest wheel or the most broken spokes. To find the flattest wheel, assign a point count to each spoke of each wheel. Grade each spoke this way:

SCORING:

- Full spoke = 4 points
- 3/4 spoke = 3 points
- 1/2 spoke = 2 points
- 1/4 spoke = 1 point
- No spoke = 0 points



A perfectly round, fully inflated wheel will have 16 points (4 points for each spoke). In the illustration above, the physical wheel has 11 points, the emotional wheel 12 points, the relational wheel 12 points, and the spiritual wheel 8 points. As you can see, this child's spiritual wheel is the least healthy, so the spiritual wheel may be the first one these parents would address. If there were equally weakened wheels, I'd urge parents to choose the wheel they think would be the *easiest* to fix and turn to that area of the book.

Another option is to deal with the *shortest* spokes. Look again at the illustration above, and you'll see that the bottom spoke on the spiritual wheel is the shortest of all of this child's spokes. If your child has more than one spoke that is equally short, choose the one you consider the easiest to address and read the section in this book that deals with that wheel of health.

If you need tips and ideas on how to inflate your child's flattened wheel(s) or lengthen a short spoke, let me encourage you to pick up a copy of *God's Design for the Highly Healthy Child* to find scores of ways to equip your child to live a highly healthy life.

This Assessment of Child Health was adapted, with permission, from the book *God's Design for the Highly Healthy Child* by Walt Larimore, MD. © 2005. The adaptation was provided by Peter Sultana, MD, a family physician. The book contains many strategies on how to improve problems that are discovered using this tool. You can find additional information at www.DrWalt.com and www.HighlyHealthy.net.

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© Walt Larimore, MD and based upon the book *God's Design for the Highly Healthy Child*

You can order the book or find more information at www.DrWalt.com or www.HighlyHealthy.org

You can order the book, autographed, by dropping an email to order@DrWalt.com

Family Body Mass Index Table

BMI	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	
Inches																									
33"	20	22	23	25	26	28	29	31	33	34	36	37	39	40	42	43	45	46	48	50	51	53	54	56	
34"	21	23	25	26	28	30	31	33	35	36	38	39	41	43	44	46	48	49	51	53	54	56	58	59	
35"	23	24	26	28	30	31	33	35	37	38	40	42	44	45	47	49	51	52	54	56	58	59	61	63	
36"	24	26	28	29	31	33	35	37	39	41	42	44	46	48	50	52	53	55	57	59	61	63	65	66	
37"	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	56	58	60	62	64	66	68	70	
38"	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	58	60	62	64	66	68	70	72	74	
39"	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	74	76	78	
40"	30	32	34	36	39	41	43	46	48	50	52	55	57	59	61	64	66	68	71	73	75	77	80	82	
41"	31	33	36	38	41	43	45	48	50	53	55	57	60	62	65	67	69	72	74	77	79	81	84	86	
42"	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88	90	
43"	34	37	39	42	45	47	50	53	55	58	60	63	66	68	71	74	76	79	82	84	87	89	92	95	
44"	36	39	41	44	47	50	52	55	58	61	63	66	69	72	74	77	80	83	85	88	91	94	96	99	
45"	37	40	43	46	49	52	55	58	60	63	66	69	72	75	78	81	84	86	89	92	95	98	101	104	
46"	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105	108	
47"	41	44	47	50	53	57	60	63	66	69	72	75	79	82	85	88	91	94	97	101	104	107	110	113	
48"	43	46	49	52	56	59	62	66	69	72	75	79	82	85	88	92	95	98	102	105	108	111	115	118	
49"	44	48	51	55	58	61	65	68	72	75	79	82	85	89	92	96	99	102	106	109	113	116	120	123	
50"	46	50	53	57	60	64	68	71	75	78	82	85	89	92	96	100	103	107	110	114	117	121	124	128	
51"	48	52	55	59	63	67	70	74	78	81	85	89	92	96	100	104	107	111	115	118	122	126	129	133	
52"	50	54	58	62	65	69	73	77	81	85	88	92	96	100	104	108	112	115	119	123	127	131	135	138	
53"	52	56	60	64	68	72	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	
54"	54	58	62	66	71	75	79	83	87	91	95	100	104	108	112	116	120	124	129	133	137	141	145	149	
55"	56	60	65	69	73	77	82	86	90	95	99	103	108	112	116	120	125	129	133	138	142	146	151	155	
56"	58	62	67	71	76	80	85	89	94	98	103	107	112	116	120	125	129	134	138	143	147	152	156	161	
57"	60	65	69	74	79	83	88	92	97	102	106	111	116	120	125	129	134	139	143	148	153	157	162	166	
58"	62	67	72	77	81	86	91	96	100	105	110	115	120	124	129	134	139	144	148	153	158	163	167	172	
59"	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	154	158	163	168	173	178	
60"	67	72	77	82	87	92	97	102	108	113	118	123	128	133	138	143	149	154	159	164	169	174	179	184	
61"	69	74	79	85	90	95	101	106	111	116	122	127	132	138	143	148	153	159	164	169	175	180	185	191	
62"	71	77	82	87	93	98	104	109	115	120	126	131	137	142	148	153	159	164	170	175	180	186	191	197	
63"	73	79	85	90	96	102	107	113	119	124	130	135	141	147	152	158	164	169	175	181	186	192	198	203	
64"	76	82	87	93	99	105	111	117	122	128	134	140	146	151	157	163	169	175	181	186	192	198	204	210	
65"	78	84	90	96	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	
66"	81	87	93	99	105	112	118	124	130	136	143	149	155	161	167	173	180	186	192	198	204	211	217	223	
67"	83	89	96	102	109	115	121	128	134	140	147	153	160	166	172	179	185	192	198	204	211	217	223	230	
68"	86	92	99	105	112	118	125	132	138	145	151	158	164	171	178	184	191	197	204	210	217	224	230	237	
69"	88	95	102	108	115	122	129	135	142	149	156	163	169	176	183	190	196	203	210	217	223	230	237	244	
70"	91	98	105	112	118	125	132	139	146	153	160	167	174	181	188	195	202	209	216	223	230	237	244	251	
71"	93	100	108	115	122	129	136	143	151	158	165	172	179	186	194	201	208	215	222	229	237	244	251	258	
72"	96	103	111	118	125	133	140	147	155	162	170	177	184	192	199	206	214	221	229	236	243	251	258	265	
73"	99	106	114	121	129	136	144	152	159	167	174	182	190	197	205	212	220	227	235	243	250	258	265	273	
74"	101	109	117	125	132	140	148	156	164	171	179	187	195	203	210	218	226	234	241	249	257	265	273	280	
75"	104	112	120	128	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	280	288	
76"	107	115	123	131	140	148	156	164	173	181	189	197	205	214	222	230	238	246	255	263	271	279	288	296	
77"	110	118	127	135	143	152	160	169	177	186	194	202	211	219	228	236	245	253	261	270	278	287	295	304	

Weight in pounds

Childhood Immunizations - 2006

Age of Administration	Immunization(s)
Birth	Hep B ¹
1-4 months	Hep B*
2 months	DTaP ² , Hib ³ , IPV ⁴ , PCV ⁵
4 months	DTaP, Hib, IPV, PCV
6 months	DTaP, Hib, PCV
> 6 months (optional/annually)	Influenza **
6-18 months	Hep B, IPV
12-15 months	Hib, MMR ⁶ , PCV
12-18 months	Var ⁷
15-18 months	DTaP
4-6 years	DTaP, MMR, IPV
11 years old	MCV4***
11-12 years	Tdap****

¹ Hepatitis B vaccine. May be given at any age for those not previously immunized.

² Diphtheria, tetanus, and acellular pertussis vaccine

³ *Haemophilus influenzae* type b vaccine

⁴ Inactivated poliovirus vaccine

⁵ Pneumococcal conjugate vaccine

⁶ Measles, mumps, and rubella (German measles) vaccine

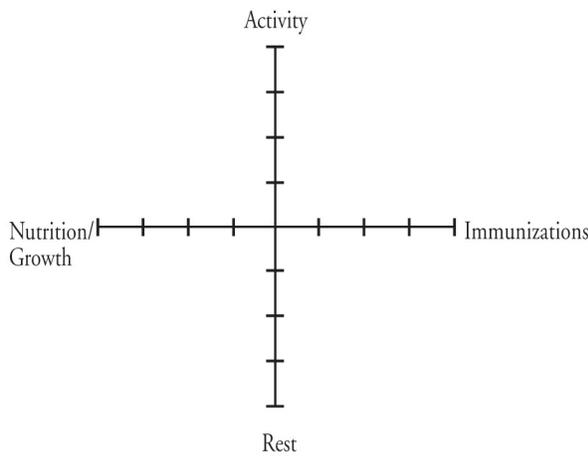
⁷ Varicella (chickenpox) vaccine – may be given at any visit after first birthday

* Second dose should be administered at least 1 month after the first dose.

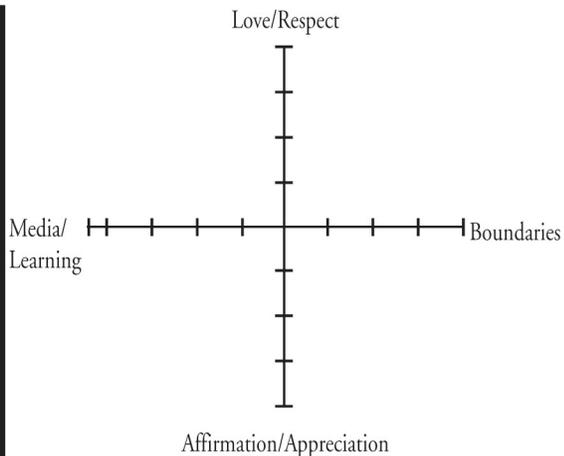
** Influenza vaccine is recommended every year for high-risk children older than 6 months. High-risk groups include, but aren't limited to, children with asthma, heart problems, sickle cell anemia, diabetes, and human immunodeficiency virus (HIV). The American Academy of Pediatrics (AAP) recommends vaccinating all infants 6 to 23 months old against the influenza virus. Annual vaccination is available for other children; but in times when the vaccine is in short supply, certain people need it more than others. You and your family's doctor(s) should determine who in your family should get the flu vaccine in a particular flu season. For children under 9 who are getting a flu shot for the first time, it's given in two separate shots 1 month apart. It can take up to 1 or 2 weeks after the shot for the body to build up protection to the flu.

*** Meningitis vaccine is recommended for kids who are 11 years old and for kids who haven't had the vaccine who are 15 years old or are entering high school, whichever comes first. It is also recommended for people who are entering college and plan to live in dormitories. It is also recommended for kids 11 years old or older who have a chronic illness or HIV or are traveling to countries where meningitis is common.

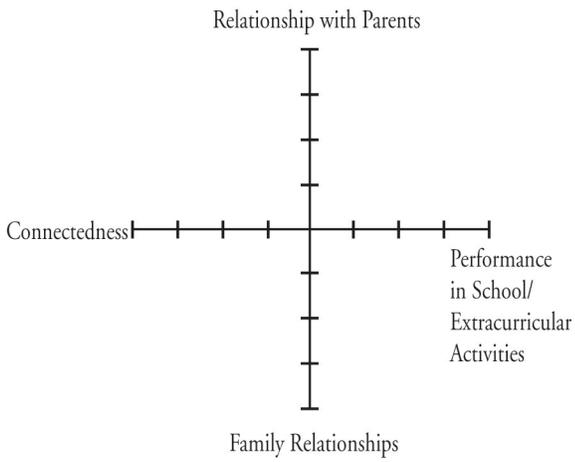
**** Tetanus, diphtheria and pertussis booster. Delay if less than 5 years since last tetanus vaccine injection.



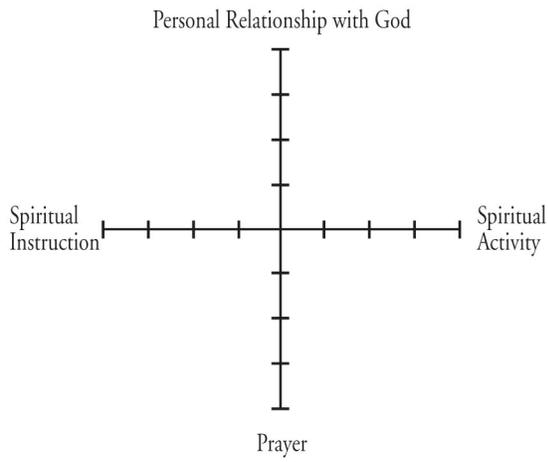
Physical



Emotional



Relational



Spiritual