

# Table of Contents – TABS 1-12

*This is **YOUR** Notebook and you can identify your TABS and arrange your papers any way you want. The following TAB 'names' made sense to us, however, it's important that things make sense to **YOU**. We hope this helps you get started.*

## **Business Card Holders (x2)**

### **Table of Contents Page**

#### **TAB 1 - All About Me**

- *My Birth Story*
- *All About Me (x3)*
- *Portable Medical Summary (x3)*
- *Parent Fears and Concerns*
- *My Daily Schedule*

#### **TAB 2 - Tracking Forms**

- *Infant Feedings (x2)*
- *Diet Tracking*
- *Events/Activities/Behaviors*
- *Allergies*
- *Dental Chart*
- *Development History*
- *Immunizations and Developmental Milestones (CDC, AAFP) (x2)*
- *Medications*
- *Prescription Medication – Safe Use, Safe Storage*

#### **TAB 3 - Test Results**

- *Diagnostic Tests/Lab Work/Procedures*

#### **TAB 4 - Medical Appointment Summaries**

- *Doctor Visit Summaries*

#### **TAB 5 - Other Appointment Summaries**

- *PT/OT/Speech, etc. Summaries*

#### **TAB 6 - Hospitalization Summaries**

- *Hospital Stays*

#### **TAB 7 - Medical Bills**

- *Health Insurance Information*
- *Out-of-Pocket Expenses*

#### **TAB 8 - School**

- *Definitions of IEP and 504*
- *Your Child's/Your IEP (x4)*

#### **TAB 9 - Well Child**

- *Welcome to DHMC Pediatrics*
- *Preventive Care Visits: What to Expect (x2)*
- *Using Medication After Your Child's Shots (x2)*

#### **TAB 10 - Resources at Molly's Place & Tools**

- *Calendar (x4)*
- *Notes (x4)*
- *Appointments and Questions*
- *Phone and Correspondence*
- *Pain Assessment Scale (used by DH Providers)*
- *Acronym Index (x3)*

#### **TAB 11 - Extra**

#### **TAB 12 - Extra**

- *Pocket for miscellaneous*