



Child Health Booklet 2026: Which Version and Records to Keep

Description

Use the booklet updated in December 2025. If the paper copy was printed before 2026, add the separate Childhood Health Behaviours Checklist. Keep the paper booklet even with digital access because birth information, growth, milestones, allergies, immunisations and clinician comments may not appear identically in one place. [HealthHub Child Health Booklet](#). [HealthHub electronic records](#).

Choose the branch that matches the case

Situation	Next step
Latest version	Use included schedules
Pre-2026 copy	Add the separate checklist
Paper missing	Ask the clinic to reconstruct verified entries
Paper and digital differ	Ask the treating clinic to reconcile

What the official record establishes

- [HealthHub Child Health Booklet](#): Contents, touchpoints and December 2025 version.
- [HealthHub electronic records](#): Digital child health record context.

Know the record

The booklet holds birth, hearing, growth, milestone, immunisation, allergy, oral-health and safety information. [HealthHub Child Health Booklet](#).

Bring it to relevant appointments.

Prepare milestones

Milestones cover personal-social, fine-motor adaptive, language and gross-motor development. [HealthHub Child Health Booklet](#).

The checklist starts a clinical conversation; it is not a diagnosis.

Calendar touchpoints

Screening is around 4 weeks, 3 or 4 months, 6, 12, 18, 30 and 48 months, each with an age window. [HealthHub Child Health Booklet](#).

Calendar the window and confirm with the clinic.

Protect clinical entries

The attending doctor completes the allergy table and verifies records. [HealthHub Child Health Booklet](#).

Record a suspected reaction separately rather than naming an allergy yourself.

Create resilience

Keep the original dry, scan completed pages and label every file with clinic and date.

Limit access and reconcile duplicates.

Create a reconciliation sheet

For each vaccination, screening or referral, record the date, provider, source document and whether the entry appears in paper, the electronic record or both. Mark conflicts for clinic review instead of choosing the version that looks most complete. Keep a dated note of any correction supplied by the clinic.

This is especially useful after moving clinic or replacing a booklet. A scan helps recovery but does not turn a parent-entered note into a verified clinical record.

Prepare a one-page appointment brief

Before a health touchpoint, list the child's current medicines, known clinician-recorded allergies, caregiver questions and any milestone concern with dates and examples. Bring the booklet and the relevant digital record, then ask which entries the clinician will update.

A behaviour checklist is a conversation aid, not a test result. Urgent symptoms should be assessed promptly through an appropriate healthcare service rather than held for the next scheduled screening.

Set secure storage rules for the family

Keep the working paper booklet where caregivers can find it for an appointment, but store scans in an access-controlled folder rather than an open family chat. Use consistent filenames with the child, record type and date, and retain the original resolution so small clinical annotations remain legible.

Share only the pages a school, clinic or caregiver genuinely needs. Health records contain sensitive personal data; convenience is not a reason to distribute the full booklet widely.

Convert age windows into calendar reminders

Write the earliest and latest dates for the next screening window from the child's date of birth, then set a reminder before the window opens and another before it closes. This is a parent's scheduling calculation, not a new clinical deadline. Confirm the applicable window and appointment availability with the clinic.

If a child has an individual follow-up plan, use the clinician's instruction instead of the general touchpoint list. Rescheduling within a published window should never delay care for a new concern.

Audit the record after changing clinic

Make a page-by-page list of immunisations, screenings, referrals, allergies and milestone notes. Mark whether each item appears in the paper booklet, electronic record or a separate clinic document, and take discrepancies back to the treating provider.

A parent-created scan preserves what is visible; it does not authenticate an entry or prove that another system has been updated. Keep the clinic's correction or confirmation with the affected page.

Use milestone notes without self-diagnosing

Record the behaviour, date, setting and frequency that prompted a question, then bring the example to the scheduled touchpoint or an earlier consultation when appropriate. Avoid converting a checklist response into a diagnosis.

Urgent symptoms should use the appropriate healthcare route rather than wait for the next booklet milestone. The general screening calendar does not override an individual clinical follow-up plan.

Record who may carry the booklet

List caregivers authorised to bring the original to an appointment and where it returns afterward.

This small custody rule reduces the chance that the only complete paper record disappears between homes, school bags or clinics.

Prepare a recovery copy that remains legible

Scan colour pages at a resolution that preserves handwriting, stamps and small table entries. Check every file by zooming in before storing it.

Name the file with record type and date, restrict access and keep the paper original dry and reachable for the next appointment.

Work the example before the real decision

A parent with a 2024 booklet adds the pre-2026 checklist, scans immunisation pages and calendars the next screening window. The doctor—not the parent—records the verified clinical entry.

Checklist

1. Identify version
2. Add supplement
3. Complete milestones
4. Bring booklet
5. Scan securely
6. Reconcile with clinic

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Mistakes to avoid

- Discarding paper
- Missing windows
- Self-diagnosis
- Unconfirmed allergy entries
- Unlabelled scans

Related next reads

After identify the correct version and preserve verified records, a reader can [review another evidence-led parent resource](#), or [use the related Grow Well SG screen-and-sleep plan](#).

Questions readers ask

Latest date?

December 2025.

Pre-2026 add-on?

The Childhood Health Behaviours Checklist.

Does it diagnose?

No; a doctor assesses concerns.

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