

# Well Child Guides

## Read before printing!

**These well child guides are intended to be printed in black & white or color, front-to-back.** (Thus the empty pages.)

**Use the spaces provided to take doctor's notes, write your child's growth parameters, and log your child's milestones (if desired). You can organize these well child guides in your binder by tabs.**

**Each well child guide includes an Herb Guide as well, which gives information about age-appropriate herbs, how it is typically used by naturopathic doctors and herbalists, and size-appropriate dosing.**

## Disclaimer:

These guides are intended to be used under the guidance of a naturopathic physician. It is not intended for treatment or diagnosis of any condition. These well child guides are provided for educational purposes only and do not constitute medical advice. These well child guides are not to be a substitute for seeing a physician and in fact the author highly advises physician supervision for the evaluation of any health complaint.

The author does not assume any liability for the failure to seek medical advice or for any loss or bodily harm from following treatment ideas without consulting a physician. You should never delay seeking medical advice or treatment because of anything written in these well child guides.

The author has made every effort to ensure that the information in these well child guides are accurate at press time. However, the author does not assume any liability to any party for loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

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