

Part 5: Forms



- ▶ About My Child's Heart
- ▶ Diagram of My Child's Heart
- ▶ Diagram of a Healthy Heart
- ▶ Creating a Binder to Stay Organized
- ▶ My Child's Doctors
- ▶ Medications
- ▶ Other Specialists and Resources
- ▶ Appointment Log
- ▶ Growth Tracking
- ▶ Feeding My Child
- ▶ Tests and Procedures
- ▶ Development and Education
- ▶ Transitioning to Adult CHD Care (For Your Child)
- ▶ Emergency Plan
- ▶ Letter to Family and Friends
- ▶ Questions for Doctors
- ▶ Notes



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Part 5: Forms

Creating a Binder to Stay Organized

When you receive a lot of information and paperwork, it can be hard to stay organized. Here are steps you can take to create a binder to store important information and documents:



1. Get a one- to two-inch, three-ring binder (two inches is better if you have a LOT of papers).
2. Get or borrow a three-hole punch.
3. Get dividers with tabs and pockets.
4. Create the following tabs (these are just suggestions — you may want others):
 - a. My Child's Heart
 - Diagram of your child's heart
 - Information about your child's CHD
 - Information about surgeries and procedures
 - b. Doctors & Specialists
 - c. Medications
 - Put prescriptions in this section
 - d. Resources
 - Support team with contact information
 - Early intervention services
 - Educational services
 - e. Insurance Information
 - Insurance policy and number
 - Explanation of benefits (EOB)
 - f. Medical Bills
 - You may divide this further by type of bill: cardiologist, primary care doctors, anesthesiologist, radiologists, etc.
 - g. Other Information
 - h. Emergency Plan



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About My Child's Heart



Medications

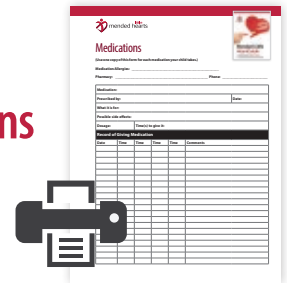
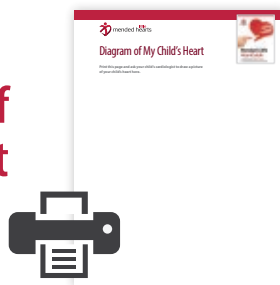


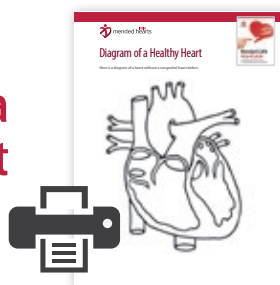
Diagram of My Child's Heart



Other Specialists and Resources



Diagram of a Healthy Heart



Appointment Log



My Child's Doctors



Growth Tracking

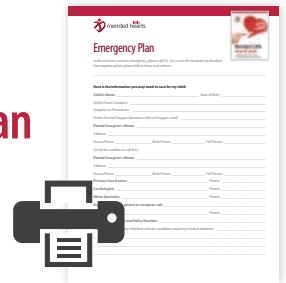


Feeding My Baby



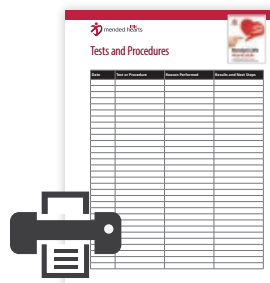
Thumbnail of the 'Feeding My Baby' form, which includes a table for recording feeding information. A printer icon is overlaid on the bottom left.

Emergency Plan



Thumbnail of the 'Emergency Plan' form, which provides a structured space for detailing emergency procedures. A printer icon is overlaid on the bottom left.

Tests and Procedures



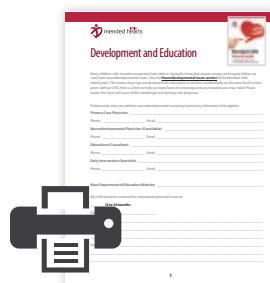
Thumbnail of the 'Tests and Procedures' form, featuring a table for tracking medical tests and procedures. A printer icon is overlaid on the bottom left.

Letter to Family and Friends



Thumbnail of the 'Letter to Family and Friends' form, which includes a pre-written letter template. A printer icon is overlaid on the bottom left.

Development and Education



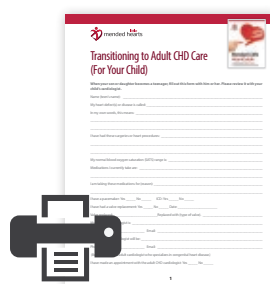
Thumbnail of the 'Development and Education' form, which provides space for notes on the child's development and educational needs. A printer icon is overlaid on the bottom left.

Questions for Doctors



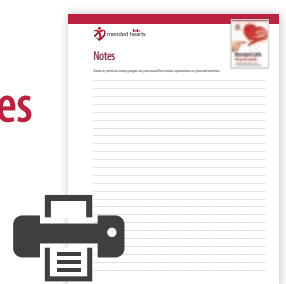
Thumbnail of the 'Questions for Doctors' form, which is a list of common questions for healthcare providers. A printer icon is overlaid on the bottom left.

Transitioning to Adult CHD Care (For Your Child)



Thumbnail of the 'Transitioning to Adult CHD Care (For Your Child)' form, which includes a checklist and notes for preparing for adult care. A printer icon is overlaid on the bottom left.

Notes



Thumbnail of the 'Notes' form, which is a blank sheet of lined paper for taking notes. A printer icon is overlaid on the bottom left.