

## Baseline Health Assessment Questionnaire

As a pediatric chiropractor, a major focus in our office is kids and their developing brains and nervous systems. Over the past decade, we've seen a dramatic increase in pediatric issues, such as emotional, personality and behavioural changes, sensory integration problems, developmental delays, weakened or hyperactive immune systems, learning disorders and more.

Many parents are unaware that these issues are indicators of chronic and accumulated nerve distress. Impairment and damage to the nervous system is not always about pain. Especially in children, a healthy nervous system is necessary for growth, development, adaptability, resilience, learning and vitality.

Please fill out this questionnaire to help us identify your child's current state of nervous system functioning and determine how we can help. Once completed, please email this questionnaire to [drchensee@gmail.com](mailto:drchensee@gmail.com) and we'll help you book your child's FREE Baseline Health Assessment.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parent's Name(s): \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

### ❖ Emotions

- Excessive moodiness, depression, anxiety or feelings of helplessness.
- Extreme shyness, afraid to face people or situations, avoids responsibility.
- Other emotional issues or changes: \_\_\_\_\_

### ❖ Personality

- Defiant, uncaring about consequences of their actions.
- Obsesses about body image, overly self-conscious.
- Refuses to communicate with parents, siblings, teachers.
- Other personality issues or changes: \_\_\_\_\_

### ❖ Behaviour

- Unable to sit still; rocking back and forth, bites nails, picks or cuts skin.
- Impulsive/compulsive/reckless behaviours, unable to control actions.
- Temper tantrums, overreacting, meltdowns.
- Other behavioural issues or changes: \_\_\_\_\_

### ❖ Sensory Integration

- Easily irritated by or painful reaction to lights, sounds, touch, smell.
- Difficulty with recognizing facial expressions, vocal tones.
- Developmental Delays: \_\_\_\_\_
- Other sensory integration issues: \_\_\_\_\_

### ❖ Immune System

- Frequently sick with colds or other illnesses.
- Complains of headaches and stomach aches, joint pains or fatigue.
- Asthma, allergies, eczema, food intolerances.
- Other immune system issues: \_\_\_\_\_

### ❖ Learning

- Disrupts class, poor concentration, dyslexia, ADHD, ASD.
- Lost interest in homework, grades or learning.
- Other learning-related issues: \_\_\_\_\_

Please write a short paragraph about your child and any concerns you may have regarding their health and how it affects or interferes with daily quality of life: