



TERATOGEN RESOURCE SERIES

TER-02

Family Medical History Record

A personal record to help you gather and organise family medical history for pregnancy planning, healthcare discussions and your child's developing record.

darksideofmedicine.org

Version 1.1



Family Medical History Record

Purpose: A structured record to help individuals and families gather and organise family medical history that may be useful during pregnancy planning, healthcare discussions and later understanding of a child's health and development.

IMPORTANT

This resource supports information gathering, organisation and discussion. It is not a diagnostic tool, risk assessment or substitute for professional advice.

Not every family will know their complete family medical history. **It is okay to leave information blank or record 'not known'.**

Only record information you already know or that family members are comfortable sharing.

About Me

Name: _____

Date: _____

Family Medical History

Record relevant family health or developmental information that you are aware of.

Family member / relationship	Maternal or paternal family	Health condition, diagnosis or relevant characteristic	Notes



Examples May Include

- Diabetes
- Thyroid conditions
- Heart conditions
- Neurological conditions
- Neurodiversity
- Mental health conditions
- Genetic conditions
- Developmental or learning differences
- Autoimmune conditions
- Congenital conditions
- Other significant health conditions

Pregnancy, Birth and Developmental History in the Family

Where known and relevant, you may also wish to record family information about pregnancy loss or stillbirth, premature birth, congenital conditions, pregnancy or birth complications, developmental differences or delays, and learning difficulties or disabilities.

You do not need to investigate your family's medical history to complete this record. Record only what is known and what you feel is relevant.

Information / relationship:

Additional Information

Questions I May Wish to Discuss
