

# Iron Deficiency / Iron Deficiency Anaemia Symptoms Checker For Children

Step 1: Print Sheet ▶ Step 2: Check Symptoms ▶ Step 3: Consult Physician

**Print this sheet, identify your child's symptoms and risk groups,  
and take to your child's physician**

Discuss iron deficiency with your physician – Symptoms of iron deficiency are varied and depend upon an individual's contributing factors. In many instances of iron deficiency and iron deficiency anaemia, patients suffer from one or more of the symptoms detailed below and/or belong to one or more of the at-risk groups detailed below.

## **Please identify the symptoms your child is experiencing:**

- Chronic fatigue
- Insomnia
- General weakness
- Tires quickly
- Irritability or emotional mood swings
- Trembling
- Decreased appetite
- Headaches
- Low exercise tolerance
- Pronounced lack of energy
- Pale skin
- Thin and fragile fingernails, have become pale or changed shape (ie. spoon shaped)
- Inflamed tongue (smooth), cheeks, gums, lips, or roof/floor of mouth
- Hair loss or hair has become brittle, weak and dull
- Pica: cravings to eat ice, dirt or paper (or other non-food items)

## **Please identify if your child is in any of the following at-risk groups:**

- Premature or low birth weight baby
- Prolonged breast feeding
- Drinks 600mL of milk or more daily
- Introduced to whole milk prior to 1 year of age
- Age 9 months - 3 years old
- Age 10 years + (puberty)
- Celiac disease

## **AN IMPORTANT NOTE:**

**If your child is experiencing common symptoms AND/OR belongs to one or more at-risk groups, please consult your child's Health Care Provider**