

Well-Child Visits

IMPORTANT INFORMATION



is your child **healthy?**

The Importance of Well-Child Visits.

Childhood is a time of rapid growth and change. Pediatric well-child visits are more frequent when the child's development is most rapid. This type of care is important when raising a healthy child. Regular visits will help to identify problems early.

Each visit includes a complete physical examination:

- Visits include measurement of the child's growth and development.
- Height, weight, and other important information are checked.
- Hearing, vision, and other tests will happen from time to time.

Use these visits to talk with your child's doctor about:

- Diet, sleep and safety
- Childhood diseases
- Vaccines (shots)
- Developmental stages
- Lead screenings

Recommended Well-Child Doctor Visit Schedule:

Before going home from the hospital ask your doctor when you need to come in for the first visit. After that, visits need to occur at:

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 1 year
- 15 months
- 18 months
- 24 months
- 30 months
- Each year from ages 3 through 21

Visits and phone calls to your doctor should be made any time your child seems ill or if you have a concern about your child's health or development.

The contents of this flyer are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition.

What immunizations are recommended for my adolescent?

It is recommended that between the ages of 11-12, your child should receive the following:

- Tdap (tetanus, diphtheria, & pertussis or whooping cough) - Protection from the Tdap vaccine can fade over time. Adolescents need to get a booster dose.
 - MCV (meningococcal) - Protects against meningitis, which is an infection of the fluid surrounding the brain and spinal cord and causes blood infections.
 - HPV (human papillomavirus) - This vaccine is given in three doses, all to be given within six months. Certain HPV types are known to cause cancer including: cervical, vaginal, penile, anal, and oropharyngeal (base of the tongue, tonsil, and back of the throat).
- Certain HPV types also cause most cases of genital warts in men and woman. HPV is the main cause of cervical cancer in women. HPV can be passed between partners during sex (including oral sex).
 - For the HPV vaccine to work best, it is very important for the preteens to get all three doses (shots) long before any sexual activity with another person begins.
 - Flu vaccine – yearly

This information should not replace the care you receive from your doctor or other health care provider. Should you have questions, please consult your health care provider.

keep them **healthy**

How often should my adolescent child go to the doctor?

Adolescents should have yearly well-child visits. These check-ups help promote physical and mental health. Your child can have the well-child and sick child care visit through provider.

A well child visit may include:

- A complete physical exam
- Hearing screening
- Growth and development, and mental health assessment
- Laboratory tests, which may include testing of blood lead levels and iron levels to check for anemia
- Blood pressure screening
- Vision screening
- Dental screening
- Immunizations (shots) as needed
- Health and safety education



Keep them healthy

- Make sure your adolescents have a doctor they feel comfortable with.
- Watch for signs of depression, such as a sudden drop in grades, trouble concentrating, difficulty sleeping, low self-esteem, lack of interest in activities and ongoing sadness.