



Growing Healthy Children

S FCCN: CREATING A HEALTHY COMMUNITY ONE PERSON AT A TIME

IN THIS ISSUE: WELL CHILD CHECK-UPS

## Well Child Check-ups



Is Your Child on Track?

Most parents only think to bring their child to a doctor when they are **sick** or **injured**. According to the U.S. National Library of Medicine it is vital to schedule and to attend **all** recommended "Well-Child Visits" because of how quickly children grow and change in the first few years of life.

At these visits the pediatrician will do a complete physical exam and check the child's growth and development to see if they are reaching normal developmental milestones.

They record things like your child's height, weight, BMI percentage, and also do basic hearing and vision testing at some of these appointments. These frequent exams and tests help to catch or prevent health problems such as childhood obesity which has increased 18% since 1980 for the 6-11 year old age group when compared to the 2012 results.

During these visits your child is given shots that prevent serious diseases called immunizations or vaccinations. Your doctor can also provide education to you about why they are so important and necessary to keep your child as healthy as possible. Other topics discussed during these check-ups are sleep, safety, childhood diseases, nutrition, fluoride treatment, dental health and what to expect as your child grows.



**Reminder:** If your child is sick and you book a doctor's appointment it is **not** counted towards their Well-Child visits.

*This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 / TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET.  
Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673  
TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm*


Content source: U.S. National Library of Medicine/Medline Plus <https://www.nlm.nih.gov/medline> and American Academy of Pediatrics.

*Always consult your physician before making any changes to your lifestyle or healthcare routine.*

DID YOU  
KNOW



After the baby is born, the next visit should be 2 to 3 days after bringing the baby home (for breast feeding mothers) or when the baby is 2 to 4 days old for those babies released from the hospital before 2 days of age.

-  By 1 month
-  2 months
-  4 months
-  6 months
-  9 months
-  12 months
-  15 months
-  18 months
-  2 years
-  2 1/2 years
-  3 years
-  Each year after that  
until age 21

\*Please confirm with your pediatrician as these dates can vary based on your babies health.