

Well Child Visits

A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they're sick. Did you know it's important to bring them in when they are well, too?

Well child visits help:

PREVENT PROBLEMS

The clinic team will:

- + Find health problems early
- + Make sure shots are current
- + Review healthy eating
- + Check on the child's safety

TRACK GROWTH AND DEVELOPMENT

The doctor will measure:

- + Height and weight
- + How your child learns and grows
- + Milestones
- + Mental and social health

BRING UP CONCERNS

You can talk to your doctor about your child's:

- + Behavior
- + Sleep
- + Eating
- + Growth
- + Ability to get along with others
- + Learning, thinking and problem solving
- + Physical activity

CREATE A TEAM APPROACH

You and the clinic team can:

- + Build trust in each other
- + Help when well and help when sick
- + Work together for your child and family needs
- + Find other resources to help your child

Source: www.healthychildren.org

WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD

2-5 days old	1 mo.	2 mo.	4 mo.
6 mo.	9 mo.	12 mo.	15 mo.

18 MONTHS TO 3 YEARS OLD

18 mo.	2 yr.	2 ½ yr.
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3 TO 6 YEARS OLD

3 yr.	4 yr.	5 yr.	6 yr.
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Continue yearly well visits into adulthood

Well child visits help give your child the best chance to grow into a healthy adult.

Check your health plan to see when well child visits (pediatric preventive visits) are covered.