

# 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](http://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.

#### 3 TO 6 YEARS OLD

3 yr.    4 yr.    5 yr.    6 yr.

**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.