

# The Importance of Well-Care Visits for Children

**Healthy Babies, Healthy Children** The American Academy of Pediatrics (AAP) recommends that babies visit their pediatrician for a well-child check-up as a newborn, by one month; at two, four, six, nine, twelve, fifteen, eighteen, and twenty-four months of age; and then once a year from age's three to six.

## Importance

During a well-child visit, your child's pediatrician will provide preventive care by assessing and tracking a child's physical, behavioral, developmental and emotional status as they grow. A well-child visit is a critical opportunity to detect a possible developmental delay or disability, early treatment of which can lessen the future impact on both the child and the family.

Well-child visits are also a key time for parent-doctor communication. Make the most of these visits by writing down important questions and concerns and take them with you. Sleep patterns and nutrition are a few topics parents can inquire about.

Your child's doctor will also assess their age-appropriate body mass index (BMI) to make sure that they are in a healthy percentile range for their height and weight. You will likely be asked questions about your child's exercise habits to ensure that they are getting the recommended physical activity.

## Did you know?

Six year olds are 20 percent less likely to get an annual checkup than three, four or five year olds? Help us change this statistic by scheduling an appointment for your child today! At six years of age, your child still needs an annual checkup.

## Protect Your Child From Serious Diseases

Well-child visits are a great way to make sure your child's immunizations are current. Studies show that children who are not vaccinated are at a much higher risk for getting sick.

A study by the Centers for Disease Control and Prevention (CDC) showed that the implementation of routine childhood immunizations has caused the largest ever decline of some of the most devastating diseases in the United States. Diseases that once killed and maimed children are now highly preventable.

Vaccinate your infants and toddlers at every opportunity to promote full immunity against harmful, yet preventable childhood diseases.

What are the recommended childhood immunizations and doses?

- Diphtheria, tetanus, acellular pertussis (DTaP) 4 doses
- Inactivated poliovirus (IPV) 3 doses
- Measles, mumps and rubella (MMR) 1 dose
- Haemophilus influenzae Type b (Hib) 3 doses
- Hepatitis B (HepB) 3 doses
- Varicella or chickenpox (VZV) 1 dose
- Pneumococcal conjugate vaccine (PCV) 4 doses
- Hepatitis A (HepA) 2 doses
- Rotavirus at least 2 doses
- Influenza (flu) vaccine 2 doses