



KEEPING YOUR CHILD AT THEIR BEST

Regular well-child visits are important for your child's health, development and overall well-being.

WHAT IS A WELL-CHILD VISIT?

Well-child visits help us make sure your child is growing up healthy. It's important for your child to participate in these visits regularly, even when feeling well. Well-child checkups help us get to know your child and identify problems early (such as growth, developmental or other healthcare issues). Even if your child is seen routinely for another condition these visits are important to track their growth and development. It's best if the primary caregiver(s) can attend these visits, when possible. These visits give you and your provider a chance to get to know each other, ask questions and get answers. Your provider will talk about some important topics. These include:

- Typical development
- Nutrition
- Sleep
- Safety
- Common diseases
- Preventive care
- Recommended vaccines by age

What should I expect?

Your provider will check your child from head to toe. This is called a physical exam. We will measure your child's growth by taking their height, weight and measuring their vision and hearing. These are marked on a graph to track their growth over time.

What will the doctor ask about my child?

Your provider will ask about:

- Your child's activities, eating and behaviors.
- Milestones or advancing skills to make sure your child's growth and development are on track. Tell the provider about any important changes in your child's life since the last visit. Examples include a new sibling, a serious illness or a change in routine.
- If your child has had any behavior and/or mental health changes.

What questions should I ask?

Before these visits, write down three to five questions you have. This visit is a great time to ask the provider about:

- Health conditions
- Changes in eating or sleeping habits
- Goals for weight and activity
- Dental health
- Vaccines your child may need

Be sure to talk with the provider if you have any concerns about your child's growth and development.

WELL-CHILD CHECKUP SCHEDULE

The schedule recommended by UK HealthCare follows your child from just after birth to 17 years old. Your child should have a scheduled well-child visit at the stages listed below. If you miss visits, talk to your provider about getting these visits back on schedule.

- 2 weeks
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months (1 year)
- 15 months
- 18 months
- 2 years (24 months)
- 2 ½ years (30 months)
- Once every year from age 3 to 17

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WHAT ARE VACCINES?

Vaccines are shots given to help keep you healthy. They get the immune system ready to fight a particular disease. Getting your child vaccinated also protects other people in your community.

What diseases can vaccines help prevent?

Getting all recommended vaccines will help protect your child from diseases that can be dangerous or deadly, including:

- Hepatitis (A and B)
- Respiratory illnesses (diphtheria, pertussis, RSV, COVID, pneumonia, influenza)
- Infections that affect children's skin, digestive system, brain and movement

Why is it important to vaccinate?

- Your child will be at lower risk for dangerous and deadly illnesses.
- Schools and child-care centers may require vaccinations to attend.

The medical team will provide comfort measures while your child is receiving vaccinations.

AT YOUR APPOINTMENT



Ask questions: Be sure to ask the provider any questions you have.



Understand prescribed medicine: If you are given medicine for your child, make sure you know the name, why it is needed, any side effects to watch for, and how to give it to your child.



Schedule the next visit: At the end of every doctor visit, make sure your next visit is scheduled and you have it written down.



Sign up for MyChart: MyChart is a secure and easy-to-use online patient portal that allows you to manage your child's care and access their health information at any time. Ask about signing up at your well-child visit.



Download the app or follow this QR code to see the vaccine schedule for your child by age. This schedule is recommended by the Centers for Disease Control and Prevention (CDC). Links can be found at this site: cdc.gov/vaccines/schedules/hcp/schedule-app.html