

## Well Check-ups

Many parents view well-child visits as a time for scheduled vaccinations and to see how much your child has grown in the past few months. These visits also give you a chance to ask questions and discuss concerns about your child's development, behavior, and general well being. When your child is at the doctor because he or she is sick, it can be difficult to ask these questions. Pediatricians are used to discussing common concerns with parents such as eating, sleeping, toilet training, social behaviors, as well as attention and learning problems. Having regular well-child visits and raising concerns that matter most to you with your child's doctor help you form a reliable and trustworthy relationship with your child's doctor.

### What is a well check-up?

Well-child checkups are a covered benefit by most private and public health care providers. Because your child is growing and changing it is important that he or she visit the doctor even if he or she is not sick. During a well-child checkup your child's doctor:

- Does a complete physical exam
- Checks your child's development and nutrition
- Checks your child's hearing, vision, and teeth
- Gives immunizations (shots) as needed
- Orders lab work (e.g. blood tests) as needed
- Gives you and your child education and guidance about his or her health and development

### When should my child get a well check-up?

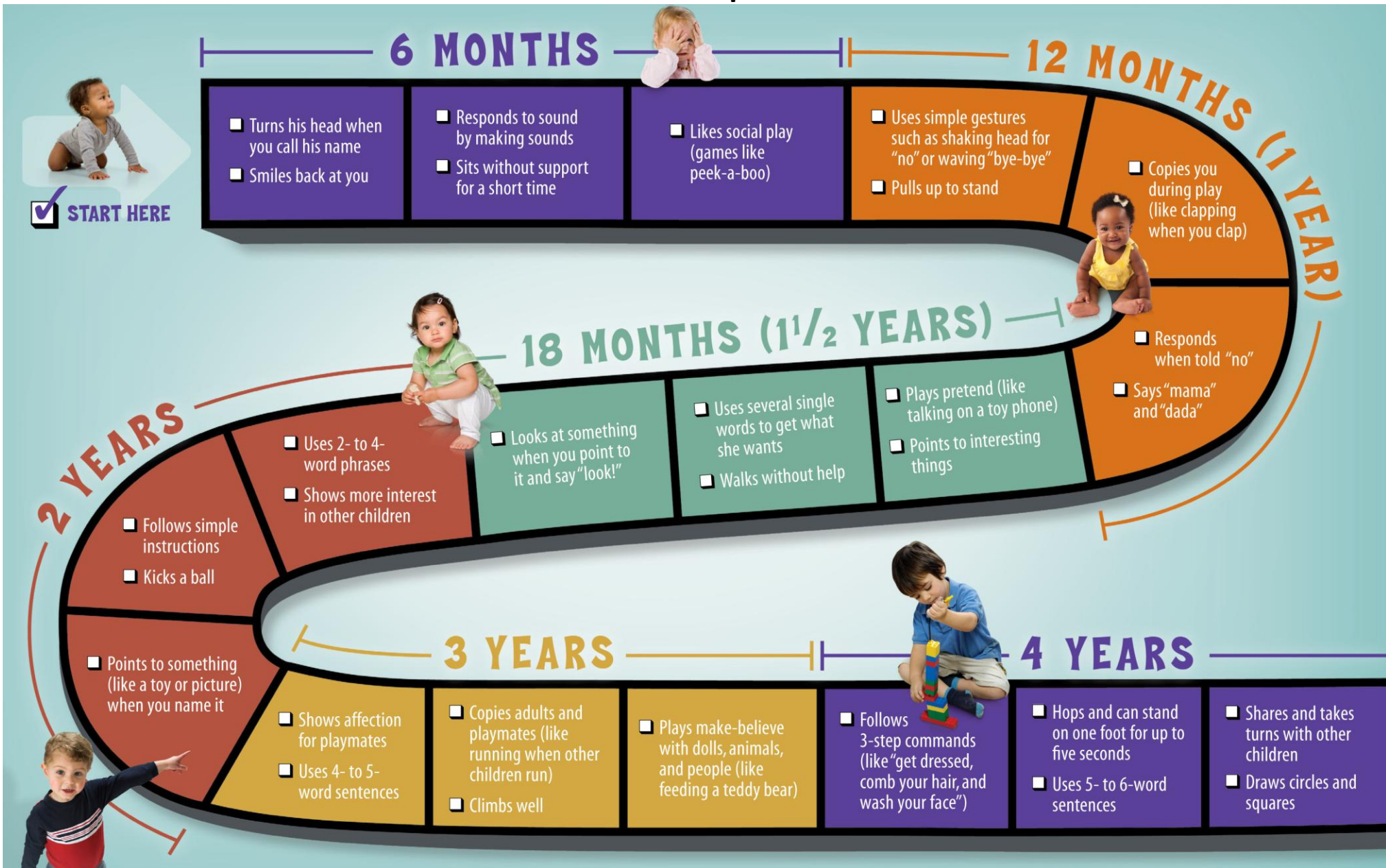
Since well check-ups let you, your doctor, and your child know about your child's development your child should get a well check-up at these ages:

- Newborn (2-3 days)
- By one month
- 2-3 months
- 4-5 months
- 6-8 months
- 9-11 months
- 12-14 months
- 15-17 months
- 18-23 months
- 24 months (2 years)
- 30 months
- 3 years
- 4 years
- 5 years
- 6-7 years
- 8-9 years
- 10-11 years
- 12-13 years
- 14-15 year
- 16-17 years
- 18-19 years
- 20 years

Remember that your child's well check-ups are important to his or her health and well-being. It is important that your child sees his or her doctor for regular well check-ups. You know your child best. If you are concerned about your child's health and development, talk to your child's doctor or nurse.

For more information about well check-ups or developmental milestones, contact Missouri Family-to-Family Disability & Health Information Center at 1-800-444-0821 or online at [www.mofamilytofamily.org](http://www.mofamilytofamily.org).

# Track Your Child's Developmental Milestones



The journey of your child's early years includes many developmental milestones for how he or she acts, learns, plays, and speaks. Talk with your child's doctor about these milestones. Not reaching these milestones or reaching them much later than other children may be signs of a developmental delay. You know your child best. If you are concerned about your child's development, talk to your child's doctor or nurse.