
Wellness Visit Overview by Age

Wellness exams are an important part of your child's healthcare. These appointments allow the parent and pediatrician to address questions and concerns about your child's behavior, growth, development and overall well-being. Starting at 2 years of age, we recommend every child be seen yearly for a checkup/wellness exam. Children grow up fast and your pediatrician is your partner in guiding you through these ever changing stages of development.

This overview will cover the high-points but not specifically every yearly visit.

2 Weeks

- Birth records should have been sent from your delivery hospital prior to your arrival so we can go over these with you and make sure your child's chart is up to date.
- We will ask questions about family medical conditions to determine if your child is at risk.
- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done (including checking site of umbilical cord remnant and circumcision if applicable).
- Will make sure mom is doing well (no concerns for postpartum depression) and getting adequate help in caring for your baby.
- Any questions about infant care, sleep, feeding, vaccines, etc. will be answered.

2 Months

- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, rashes, bowel movements, etc.
- Normal development for this age will be discussed (improving head control, increased alert time, smiling, etc.) with special attention paid to any areas of concern.
- First round of vaccines (3 injections and one oral):
 - Pediarix (DTaP, IPV, Hep B)
 - DTaP – stands for Diphtheria, Tetanus, acellular Pertussis (“whooping cough”)
 - IPV – Polio
 - Hep B – Hepatitis B (your baby likely received the first of this series in the hospital)
 - PCV13 (Protects against Strep pneumococcus which can cause pneumonia, meningitis, ear infections, blood infections, etc.)
 - Hib (protects against Haemophilus influenzae type b which can cause meningitis, ear infections, blood infections, etc.)
 - Rotateq (oral liquid vaccine that protects against Rotavirus, a virus that causes a severe form of diarrhea)

4 Months

- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, rashes, bowel movements, etc.
- Normal development for this age will be discussed (rolling over, improved head control, pushing up when on tummy, etc.) with special attention paid to any areas of concern.
- Second round of vaccines (same as at 2 months)

6 Months

- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, crying, rashes, bowel movements, etc.
- Normal development for this age (sitting up briefly unassisted, reaching for objects, teething, etc.) will be discussed with special attention paid to any areas of concern.
- We will discuss feeding your baby solid foods/baby foods and ways to get started.
- Second round of vaccines (same as at 2 months); if during flu season, your baby can get their flu vaccine when they are 6 months and older.

9 Months

- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, rashes, bowel movements, etc.
- Normal development for this age (pulling up, standing, crawling, scooting, babbling, pointing, etc.) will be discussed with special attention paid to any areas of concern.
- There are no standard vaccines at this visit.
- An initial CBC (blood count) will be done between 9 -12 months to rule out anything abnormal.

12 Months

- Your baby's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, rashes, bowel movements, etc.
- Normal development for this age (standing up, cruising, first steps, first words, etc.) will be discussed with special attention paid to any areas of concern.
- We will discuss switching to whole milk from formula or breast-milk (unless plans for continued breastfeeding) as well as introducing the sippy cup and starting to get rid of pacifier and bottle.
- Vaccines:
 - PCV13 (Strep pneumococcus)
 - Varicella (Chickenpox)
- An initial CBC (blood count) will be done between 9 -12 months to rule out anything abnormal.

15 Months

- Your child's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, bowel movements, etc.
- Normal development for this age (walking, increased attempts at communication, tantrums, etc.) will be discussed with special attention paid to any areas of concern.
- We will continue to emphasize age-appropriate safety issues (childproofing, water safety, safety outside, etc.)
- Vaccines:
 - MMR (Measles, Mumps, Rubella)
 - DTaP (Diphtheria Tetanus Pertussis)
 - Hib (Haemophilus influenzae type b)

18 Months

- Your child's length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, feeding, crying, behavior, etc.
- Normal development for this age (following commands, forming simple two-word sentences, running, climbing, etc.) will be discussed with special attention paid to any areas of concern.

- Will discuss signs of potty-training readiness (dry naps, word signals for wet/dirty, “ potty dance”, able to pull down pants) and different options for beginning the process.
- Age-appropriate safety issues will be discussed (poison control information, safety around animals, water safety, safety outside, etc.)
- Vaccines:
 - Hepatitis A (#1)

2 Years (24 Months)

- Your child’s length, weight and head circumference will be measured and plotted on a growth chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, eating, behavior/discipline, etc.
- Normal development for this age (rapidly increasing vocabulary, desire for independence, following more complex commands, etc.) will be discussed with special attention paid to any areas of concern.
- Will continue to discuss potty-training.
- We will discuss switching to 2% or 1% milk from whole milk.
- Vaccines:
 - Hepatitis A (#2)
- A CBC (blood count) will be done yearly to monitor for any abnormalities (anemia, abnormal platelet count or white blood cell count).
- We will obtain a urine specimen for testing if your child is potty-trained (to check for blood, protein, glucose, etc.).
- We will encourage you to start taking your child to a dentist for checkups.

3 years

- Your child’s length and weight will be measured; these will be plotted on growth charts along with the BMI (Body Mass Index).
- We will attempt to obtain a Blood Pressure (some children will not cooperate at this age).
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, eating, behavior, discipline, etc.
- Normal development for this age (pretending, playing with others, dressing with supervision, eating with utensils, etc.) will be discussed with special attention paid to any areas of concern.
- A CBC and urine specimen will be obtained to screen for any abnormalities.
- Continue dental examinations every 6-12 months.

4/5 years

- Your child's length and weight will be measured; these will be plotted on growth charts along with the BMI (Body Mass Index).
- A Blood Pressure will be obtained.
- We will do a vision screening using an eye chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep, eating, behavior, discipline, etc.
- We will discuss school readiness (ability to listen to short stories, follow directions and go extended periods of time away from parents) and emphasize involvement of parents in their education.
- Normal development for this age (counting, copying some shapes, cutting with scissors, speech fully understandable to strangers, brushing teeth, tying shoes, etc.) will be discussed with special attention paid to any areas of concern.
- A CBC and urine specimen will be obtained to screen for any abnormalities.
- Vaccines
 - MMR (#2)
 - Varicella (#2)
 - DTaP-IPV (Combination shot including both vaccines)
- Continue dental examinations every 6-12 months.

6-11 years (Elementary School Age)

- Your child's length and weight will be measured; these will be plotted on growth charts along with the BMI (Body Mass Index).
- A Blood Pressure will be obtained.
- We will do a vision screening using an eye chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep (goal of 10-11 hours of sleep each night), nutrition (balanced diet, encourage 5 servings of fruits/vegetables daily, avoid junk food), behavior (encourage independent thinking while still enforcing rules/limits), hygiene (brush teeth twice daily), safety (bike helmets, street safety, safety around strangers, what to do if lost, etc.)
- Discuss school performance (following a routine, homework, attention in the classroom) and encourage frequent conversations with teachers.
- Encourage at least moderate physical activity of at least 1 hour daily; limit TV to 1 hour or less daily.
- Encourage at least one family meal together daily (shown to help with nutritious eating as well as communication between family members).
- Normal development for this age (physical, social, emotional) will be discussed with special attention paid to any areas of concern.
- A CBC and urine specimen will be obtained to screen for any abnormalities.
- Vaccines (no scheduled vaccines until Tdap which is required for entry into 7th grade; recommend yearly Flu vaccine when available).
- Continue dental examinations every 6-12 months.

12+ years (this wellness visit is a good time to do sports/camp physicals)

- Your child's length and weight will be measured; these will be plotted on growth charts along with the BMI (Body Mass Index).
- A Blood Pressure will be obtained.
- We will do a vision screening using an eye chart.
- A complete physical examination will be done.
- We will go over any questions/concerns regarding sleep (goal of 8-10 hours of sleep each night), nutrition (balanced diet, 3 meals a day, avoid junk food), behavior (setting rules and enforcing them), hygiene (brush teeth twice daily), safety (bike helmets, seatbelts, safety around weapons, driving, etc.)
- Discuss school performance (increasing workload at this age, study habits, bullying) and encourage frequent conversations with teachers.
- Encourage at least moderate physical activity of at least 1 hour daily; limit Screen time (TV, computer, internet, cell phone) to 1 hour or less daily.
- Encourage at least one family meal together daily (shown to help with nutritious eating as well as communication between family members).
- Normal development for this age (physical, social, emotional) will be discussed with special attention paid to any areas of concern. Encourage involvement in what your child is interested in (sports, art, music, theatre, reading, writing, etc.).
- A CBC and urine specimen will be obtained to screen for any abnormalities (depending on the situation a lipid panel and/or glucose may be drawn).
- Vaccines
 - Tdap (Tetanus, Diphtheria, Pertussis booster)now required for entry into 7th grade
 - Menactra (Meningitis vaccine) is recommended at 11-13 and again at 16-18
 - Varicella booster (if your child has only received one dose).
 - Hepatitis A vaccines (2-dose series if your child has not already received them)
 - Gardasil (HPV vaccine which is a 3-dose series given over a 6 month period)
- Continue dental examinations every 6-12 months.