

# HEALTH CHECK: PREVENTIVE GUIDELINES FOR CHILDREN

## Babies (Up to 1 Year Old)



Remember to schedule well visits at **2 weeks, 2 months, 4 months, 6 months, 9 months and 12 months.**

**Watch baby grow...**check height, weight and developmental changes at each visit

**Is baby hearing ok?** Ask for your newborn screening results

**Check blood lead levels** to prevent poor brain development associated with high lead levels

Prevent your baby from getting a harmful infection...**always get his shots.** Talk to your doctor about any concerns.

**Is baby eating right?** Discuss what baby should be eating at the well visits.

Safety is a must. Prevent injury to your baby by **always using a car seat.**

**Put baby on his back to sleep** and reduce his risk of SIDS

**Accidents can happen in a second.** Never leave your child alone in the bathtub or on the changing table.

## The Next Ten Years (1-10)



**Your child is growing...**monitor her weight, height and development at each well visit.

**Is your child seeing and hearing properly?** Your doctor will check her eyes and hearing but let him know if you have concerns.

**Check blood lead levels** to prevent poor brain development associated with high lead levels.

Prevent your child from getting a harmful infection...**always get his shots.** Talk to your doctor about any concerns.

Is your child **eating the right foods?** **Getting enough exercise?** Talk to your PCP about obesity prevention.

Taking care of your child's teeth is important for his future health. **Visit your dentist every year** for your child's dental care.

Safety is a must. Prevent injury to your child by **always using a safety seat or seat belts (for older children).**

## Preteens And Teens (11-19)



**Concerned about your teens activities?**

Sticky topics such as sexual activity, tobacco, drug and alcohol use can be discussed with your teen and PCP at the well visit

**Is your teen seeing and hearing properly?** Your doctor will check her eyes and hearing but let him know if you have concerns.

Sexually active teens should be **screened for sexually transmitted infections** such as gonorrhea and HIV.

Is your teenage daughter menstruating? Check her **blood count to rule out anemia.**

Is your teen **eating the right foods?** **Getting enough exercise?** Talk to your PCP about obesity prevention.

HPV vaccine is now offered to all adolescents to **prevent genital warts and cervical cancer.** Talk to your doctor about this and other vaccines as needed.

Safety is a must. Remind your teen to prevent injury by **always using seat belts or helmets.**