

VISIT THE DOCTOR

DID YOU KNOW?



Did you know children need to go to the doctor even when they are not sick? Visits for well-child care gives you the chance to ask questions to an expert about your child's health and development.

Take your child for their well-child check-up on schedule.

It is easy to schedule your child's next visit if you do it when you leave the office. Choose a special date like a birthday or the beginning or end of summer and let that remind you it's time to see the doctor.

Stay on schedule for well-child check-ups.



Get the most from the visit by:

Talking to your child about what to expect.

Tell them the doctor will listen to their heart and look in their ears.

Let your child know that the doctor will ask questions. Let them talk for themselves and answer if they can. It helps the doctor get to know your child and evaluate their speech.

Keep a list of questions and bring it to the visit to go over it with the doctor.

Babies grow and change very quickly. So the doctor needs to see your baby at

2, 4, 6, 9, 12, 15, and **18** months.

After that, children grow and change more slowly. So the doctor needs to see your child **once a year.**

Following this **SCHEDULE** is important for at least five reasons:

- 1. Vaccines are given at these visits.** Vaccines are safe, and they are more effective when given on time.
- 2. Visiting regularly builds trust between you and the doctor.** So if there is a concern about your child, it is easier to talk about it if you have a trusting relationship.
- 3. As your child gets older, they also build trust with the doctor.** Your child will be open to talking about things they might not want to talk about with you.
- 4. Your doctor will help your child start healthy habits.** Things like getting good sleep, eating the right foods, and developing socially.
- 5. The doctor will check your child's vision, hearing, and development.** This will ensure your child will be ready to be successful in school and life.



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Write down the date and time of your child's next well-child check-up here:

WELL-CHILD CHECK-UPS

DATE: TIME:

2 MONTHS

4 MONTHS

6 MONTHS

9 MONTHS

12 MONTHS

15 MONTHS

18 MONTHS

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