



WELL-CHILD EXAMS

Birth to 30 Months Old



Is it time for your child to go to the doctor again? Probably. Regular well exams are one of the best ways to find physical, developmental, and emotional problems. A well exam also gives doctors a chance to offer education and answer questions that you may have. The American Academy of Pediatrics suggests that you take your child for routine exams at regular intervals. The Upper Peninsula Health Plan (UPHP) urges you to read the information below and schedule your child for a well-child exam.

***After birth, visits should be scheduled as follows:**

- *2-3 days after discharge *1 month *2 months *4 months *6 months
- *9 months *12 months *15 months *18 months *24 months *30 months

What can you expect at your child's well exam?

A Physical Exam - A complete exam from head to toe

A Health and Developmental History -

- Immunizations** will be reviewed and shots given according to schedule. Bring the shot record to *all* visits. Have the nurse or office worker make a copy for your child's health record. Tell your provider if your child has had chicken pox.
- Growth, development, and behavior** will be assessed. Your baby's provider may ask questions like: Can your child roll over, hold objects, smile, and coo? Questions will depend on your child's age.

Screening Exams -

- Weight, height, and head size** will be checked at every visit. The nurse or doctor will graph your child's measurements on a **growth sheet**. Starting at age 2 years, your child's body mass index (BMI) will be calculated. This will show if your child is growing at a normal rate.
- Blood-lead testing** to check for lead poisoning will be done at ages 12 and 24 months.
- Dental assessment** or dental referral will be done starting at 12 months of age.
- A blood test to check your baby's hemoglobin and hematocrit** may be done at 12 months of age.
- Developmental tests** will be done at ages 9, 18, and 30 months.
- Screening for autism** will be done at ages 18 and 24 months.

Education and Counseling -

- Health and safety information will be given to you. Such things as accident and poisoning prevention, car-seat safety, diet, thumb sucking, and infant sleeping position will be discussed with you.

Questions That You May Have for the Doctor -

- Use this space to jot down your own questions. Take this form with you to your child's next visit.
