

# Your Well-Child Visits Road-map from 0-8 Years

### 2-5 Days Visit

- · Feeding and gaining weight
- Back-safe sleep
- · Tummy time
- · Taking care of Mom's Health

#### 1 Month Visit

- · Sleeping and feeding habits
- Back-safe sleep and safety
- Tummy time

#### 2 Month Visit

- Sleeping and feeding habits
- Physical and immunizations
- Tummy time
- · Child care plans

#### 4 Month Visit

- · Sleeping and feeding habits
- Physical and immunizations
- Tummy time

#### 6 Month Visit

- · Sleeping and feeding habits
- · Physical and immunizations
- Development
- · Safety with crawling



Welcome Baby!

2-5 **Days** Old

**Month** 

2 **Months**  **Months** 

**Months** 



#### 2½ Year Visit

- · Developmental screening
- · Strengths and opportunities
- Nutrition and activity
- · Behavior and toilet training

Make some time to read with your baby

# 9 Month Visit

- · Sleeping and feeding habits
- Cognitive and physical development
- · Physical and immunizations

9 **Months** 

2 1/2 **Years** 

**Years** 

18 **Months** 

15 **Months** 

1 Year

## 2 Year Visit

- · Developmental screening
- · Sleeping and eating habits
- Lead testing
- Physical and immunizations
- Toilet training

### 18 Month Visit

- Sleeping and eating habits
- · Developmental screening
- Safety
- · Physical and immunizations

### 15 Month Visit

- Sleeping and eating habits
- Emotional and cognitive development
- Safety
- Physical and immunizations

# Happy 1st Birthday!

- Developmental screening
- · Anemia screening and lead testing
- Sleeping and eating habits
- Physical and immunizations

### 3 Year Visit

3

**Years** 

- Developmental screening
- Sleeping and eating habits
- Nutrition and activity
- · Physical and immunizations
- Toilet training
- Preschool/Head Start

4 **Years** 

**Getting** 

ready

for

school!

**Years** 

**Years** 

7 **Years** 

8 **Years** 



# 4 Year Visit

- · Developmental screening
- · Hearing and vision
- School-readiness/Pre-K
- · Physical and immunizations
- · Limit screen time

### **5 Year Visit**

- · Ready to start kindergarten
- Staying healthy
- Family time
- · Physical and immunizations

## **6 Year Visit**

- School-readiness
- Family time
- Sleep and nutrition
- Physical checkup

# 7 Year Visit

- Engaged in school
- Sleep routines
- · Family time
- Physical checkup

# 8 Year Visit

- Staying healthy
- Friends are important
- · Family time/sleep and nutrition
- · Physical checkup