

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
- Tummytime
- Child care plans

4 Month Visit

- Sleeping and feeding habits
- Physical and immunizations
- Tummytime

6 Month Visit

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



Welcome Baby!

2-5 Days Old

1 Month 2 Months 4 Months

6 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

2 Years

rs 18 Months

15 Months

1 Year

Happy 1st Birthday!

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

ready for school!

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

3 Year Visit

3

Years

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

Years

4

Getting

4 Year Visit

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

<u> 5 Year Visit</u>

5

Years

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

6

Years

- 6 Year VisitSchool-readiness
- Family time
- Sleepandnutrition
- Physical checkup

7 Year Visit

7

Years

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

8 Year Visit

8

Years

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