ACCOUNTABLE
HEALTH PARTNERS

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

Welcome Baby!

2-5 Days Visit
- Feeding and gaining weight
- Back-safe sleep
- Tummy time
- Taking care of Mom's Health

2-5 Days Old

1 Month Visit
- Sleeping and feeding habits
- Back-safe sleep and safety
- Tummy time

1 Month

2 Month Visit
- Sleeping and feeding habits
- Physical and immunizations
- Tummy time
- Child care plans

2 Months

4 Month Visit
- Sleeping and feeding habits
- Physical and immunizations
- Tummy time

4 Months

6 Month Visit
- Sleeping and feeding habits
- Physical and immunizations
- Development
- Safety with crawling

6 Months

9 Month Visit
- Sleeping and feeding habits
- Cognitive and physical development
- Physical and immunizations

9 Months

Make some time to read with your baby

1 Year

Happy 1st Birthday!
- Developmental screening
- Anemia screening and lead testing
- Sleeping and eating habits
- Physical and immunizations

15 Months

15 Month Visit
- Sleeping and eating habits
- Emotional and cognitive development
- Safety
- Physical and immunizations

18 Months

18 Month Visit
- Sleeping and eating habits
- Developmental screening
- Safety
- Physical and immunizations

2 Years

2 Year Visit
- Developmental screening
- Sleeping and eating habits
- Lead testing
- Physical and immunizations
- Toilet training

2 ½ Years

2½ Year Visit
- Developmental screening
- Strengths and opportunities
- Nutrition and activity
- Behavior and toilet training

Getting ready for school!

3 Years

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

4 Years

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

5 Years

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

6 Years

6 Year Visit
- School-readiness
- Family time
- Sleep and nutrition
- Physical checkup

7 Years

7 Year Visit
- Engaged in school
- Sleep routines
- Family time
- Physical checkup

8 Years

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

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