

Well-Child Checkups

Birth – 2 Years

What is a Well-Child Checkup?

A well-child checkup is a visit to your child's Primary Care Provider (PCP) when your child is not sick. A well-child checkup lets you and the PCP know that your child is growing properly. It gives you the chance to ask the PCP about your child's growth and development. It also gives the PCP the chance to find problems before they become serious.

During a well-child checkup, the PCP:

- Does a complete physical exam
- Checks your child's development (including height and weight) and nutrition
- Checks your child's vision, hearing, and teeth
- Gives shots (immunizations) as needed
- Orders lab work (e.g., blood lead test) as needed
- Gives you health information about your child

Well-Child Checkup Schedule

Your child should have **10 well-child checkups by age two**. Use the schedule on the side of this sheet to keep track of your child's appointments. Call your child's PCP to make an appointment if your child is due for a well-child checkup.

Well-Child Checkup Schedule

Write the date and time of your child's well-child appointments on this sheet.

Newborn _____

By one month _____

2-3 months _____

4-5 months _____

6-8 months _____

9-11 months _____

12-14 months _____

15-17 months _____

18-23 months _____

2 years _____

PCP Name _____

PCP Phone _____

Need more help?
Call Integral Quality Care at 1-866-258-4326.