

1st and 2nd week visits

These visits are your child's first well visits. This visit is important to ensure that your infant is gaining weight appropriately. Feeding, sleep, development and safe baby care will be discussed.

At this visit:

- Full physical exam
- Edinburgh Post-Partum Depression screening for mothers (and fathers)
- No vaccines at this visit
- Anticipatory guidance on topics including feeding, sleep, development and safety

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

1 month visit

This visit is important to review the vaccination schedule to protect your child against contagious diseases. Growth and development will also be assessed.

At this visit:

- Full physical exam
- Edinburgh Post-Partum Depression screening for mothers (and fathers)
- No vaccines at this visit
- Anticipatory guidance on topics including feeding, sleep, development and safety

[First Month: Physical Appearance and Growth](#)

[Developmental Milestones: 1 Month](#)

[Movement Milestones: Birth to 3 Months](#)

2 months

At this visit your child will receive the first set of vaccines to begin to protect against a variety of communicable diseases including diphtheria, tetanus, pertussis, haemophilus influenza type B, hepatitis B and pneumococcus. Growth and development will also be assessed.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as smiling and cooing
- Anticipatory guidance on topics including feeding, elimination, sleep, development and safety
- Edinburgh Post-Partum Depression screen
- Immunizations—[DTaP](#), [IPV](#), [HIB](#), [Hep B](#), [Pneumococcus](#)

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-2mo.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/2months.html>

<https://www.healthychildren.org/English/ages-stages/baby/Pages/Movement-Birth-to-Three-Months.aspx>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-2month-P.pdf

4 months

Your child's 4 month visit will include a routine physical exam, an assessment of growth and development, anticipatory guidance with a focus on solid foods, and routine vaccines.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as rolling over, grasping for toys, and laughing
- Anticipatory guidance on topics including feeding, sleep, development and safety
- Edinburgh Post-Partum Depression screen
- Immunizations—DTaP, IPV, HIB, Hep B, Pneumococcus

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-4mo.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/4months.html>

[Cognitive Development: 4 to 7 Months](#)

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-4month-P.pdf

6 months

Your child's 6 month visit will include a routine physical exam, an assessment of growth and development, anticipatory guidance with a focus on feeding and sleeping, and routine vaccines. If your child is 6 months or older during the influenza season they will receive their first flu vaccine.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as babbling and sitting with support
- Anticipatory guidance on topics including feeding, sleep, development and safety
- Edinburgh Post-Partum Depression screen
- Immunizations—[DTaP](#), [IPV](#), [Hep B](#), [HIB](#), [Pneumococcus](#) ([Influenza](#) if indicated)

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-6mo.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/6months.html>

[Cognitive Development: 4 to 7 Months](#)

[https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC -LTSAE-Checklists-with-Tips-6month-P.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-6month-P.pdf)

9 months

At the 9 month visit your child will have a routine physical exam, an assessment of growth and development, anticipatory guidance with a focus on solid foods and safety, sleeping, and routine vaccines.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as sitting, crawling, waving and babbling
- Anticipatory guidance on topics including feeding, sleep, development and safety
- Ages and Stages Developmental Screening Questionnaire
- Immunizations— ([Influenza](#), if indicated)
- Tuberculosis Risk Assessment screening

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-9mo.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/9months.html>

<https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC-LTSAE-Checklists-with-Tips-9month-P.pdf>

12 months

The one year old visit is an exciting time, as your child may begin to talk and walk. Safety and baby-proofing your home is imperative. At this visit expect a finger or toe prick blood test to check your child's hemoglobin and lead level. Vaccines to protect against measles, mumps, rubella, chicken pox and hepatitis A will be given.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones including beginning to talk and walk
- Anticipatory guidance on topics including feeding, sleep, development and safety
- Immunizations— [Varicella](#), [MMR](#), [Hep A](#) ([Influenza](#), if indicated)
- Hemoglobin and lead screening

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-1yr.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/1year.html>

<https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC-LTSAE-Checklists-with-Tips-1year-P.pdf>

15 months

At the 15 months visit your child will have a routine physical exam, assessment of growth and development, anticipatory guidance and vaccines to protect against pneumococcus and haemophilus influenza Type B bacteria.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as walking, talking and pointing at objects
- Anticipatory guidance on topics including feeding, development and safety
- Immunizations—[HIB](#), [Pneumococcus](#) ([Influenza](#), if indicated)

<https://www.mybabiesplanet.com/15-month-old-milestones/#:~:text=15%20Month%20Old%20Skills%20and%20Milestones%20%20Speech,everyday%20objects%20used%20for.%20...%20More%20items...%20>

18 months

At the 18 months visit your child will have a routine physical exam, assessment of growth and development, anticipatory guidance and routine vaccines.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as running, following directions and pretend play
- M-CHAT developmental screening questionnaire
- Ages and Stages Developmental Screening questionnaire
- Anticipatory guidance on topics including feeding, development and safety
- Immunizations—[DTaP](#), [IPV](#), [Hep A](#) ([Influenza](#), if indicated)

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-18mo.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/18months.html>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-18months-P.pdf

24 months

At the 2 year old visit your child will have a routine physical exam, assessment of growth and development, anticipatory guidance and a finger prick blood test to check hemoglobin and lead.

At this visit:

- Full physical exam
- Assessment of growth and development
- Monitoring of developmental milestones such as combining words into short sentences, using utensils to eat
- M-CHAT developmental screening questionnaire
- Ages and Stages Developmental Screening questionnaire
- Anticipatory guidance on topics including diet, development and safety
- Hemoglobin and lead screening
- Immunizations—[Hep A](#) ([Influenza](#), if indicated)

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-2yr.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/2years.html>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-2year-P.pdf

3 years to 5 years

You child should be seen annually for a well child visit to receive a routine physical exam, assessment of growth and development, and anticipatory guidance. At these visits we monitor your child's physical and emotional development as well as preparation for kindergarten. Vaccines given prior to kindergarten include DTaP, Polio, MMR, Varicella and Influenza. Screening will include vision, hearing, blood pressure and hemoglobin. School and daycare forms will be completed at each of your child's well visits.

- Full physical examination
- Assessment of growth and development
- Anticipatory guidance on topics including diet, development, safety and school readiness
- Vision screen yearly
- Hearing screen and hemoglobin at 5 years old visit
- Immunizations given at 4 years of age—[DTaP](#) and [Polio](#) combined vaccine and [MMR](#) and [Varicella](#) combined vaccine ([Influenza](#) vaccine if indicated)
- Tuberculosis risk assessment for daycare or school entry.

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-3yr.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/3years.html>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-3year-P.pdf

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-4yr.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/4years.html>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-4year-P.pdf

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-5yr.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/photolibrary/5years.html>

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_LTSAE-Checklists-with-Tips-5year-P.pdf

6-12 years

School aged children should be seen annually for a well child visit to receive a routine physical exam, assessment of growth and development and anticipatory guidance. At these visits we monitor your child's physical, emotional, social and academic development. In addition to their annual Flu vaccine, your child will receive vaccines at their 11 year old visit to protect them from Tetanus, Pertussis, Meningococcus and the Human Papilloma virus. Screening will include vision and blood pressure. School forms will be filled out at each of your child's well visits. Camp, scouting or sports forms should be brought in at this time for completion during the visit.

At this visit:

- Full physical examination
- Assessment of growth and development
- Anticipatory guidance on topics including diet, exercise and safety
- Vision, hearing and blood pressure screening yearly
- Routine lab work if indicated; spot urine test screen for diabetes and kidney function
- Immunizations—[Tdap](#), [Meningococcus](#) and [HPV](#) at 11 year old visit, Men B at 16 years of age ([Influenza](#) vaccine if indicated)

<https://www.stanfordchildrens.org/en/topic/default?id=the-growing-child-school-age-6-to-12-years-90-P02278>

<https://www.chop.edu/conditions-diseases/growing-child-school-age-6-12-years>

13-18 years

The teenage years can be an exciting and challenging time as your child grows toward adulthood. Teens should be seen annually for well visits and our office extends these visits by 15 minutes to allow your child time to discuss concerns alone with their pediatrician if they desire. At these visits we continue to provide a physical exam, assessment of growth and development and anticipatory guidance. We also monitor physical, emotional, social and academic development. All teenagers will be given a short survey to screen for depression. In addition to their annual Flu vaccine, your teen may be given vaccines to protect against Meningococcus and Human Papilloma Virus (If not already completed). School forms will be completed free of charge at each of your child's well visits. Camp, scouting or sports forms should be brought in at this time as well.

At this visit:

- Full physical examination
- Assessment of growth and development
- PHQ-9 depression screen
- Anticipatory guidance on topics including diet, exercise and safety
- Vision, hearing and blood pressure screening yearly
- Routine lab work if indicated; spot urine test screen for diabetes and kidney function; urine screen for sexually transmitted disease for those 16 and older.
- Immunizations—[Meningococcus](#) and [HPV](#) if previously not completed. ([Influenza](#) vaccine if indicated)

<https://www.choc.org/primary-care/ages-stages/13-to-18-years/>

<https://www.thewholechild.org/parent-resources/age-13-18/signs-of-normal-development-stages-ages-13-18/>

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>