

Importance of Well-Child Visits: Keeping Your Kids Healthy



It is important to have a personal primary care provider and to use the same health care practitioners as much as possible for your child's health care needs. The members of your child's health care team—which includes physicians, nurses, pharmacists, and other health care professionals—are focused on the well-being of your child. Ensuring your health care team members collaborate and coordinate your child's care will result in optimal care. Ask your health care provider to report your child's vaccinations to your local/state immunization registry so all team members will have access to your child's vaccination history.

A personal primary care provider:

- Helps you get care for your child.
- Provides care when your child is sick.
- Knows your child's medical history as well as your family history.
- Keeps track of your child's medical services, such as vaccinations (shots).
- Gives you important information about your child's growth and development.
- Refers your child to a specialist when needed.
- Helps to coordinate your child's health needs.

Well-child visits are important for healthy children because these visits will help to keep your child healthy. Your child's primary care provider will evaluate your child's general health, growth, and development. Your child's primary care provider will also give you information and give your child needed medical services, such as:

- Health exams.
- Tests, such as vision, hearing, and lab services.
- Shots (vaccinations).
- Screening for lead exposure (children under 3 years or as needed for older children).
- Tracking growth and development.
- Medical referrals to specialists, if needed.

With the help of regular well-child visits, your child's primary care provider can often detect and address health problems before they become more serious.





The primary care provider will review your child's health and family history. Well-child visits let you and your child get to know the primary care provider, and likewise the primary care provider can get to know you and your child. The primary care provider will also maintain your child's medical record and coordinate care with other members of your child's health care team, including your pharmacist.

Ask your questions...these visits are the time to ask and receive information about:

- Health and safety.
- Nutrition and diet.
- Physical fitness and general health care.
- Sleep habits.
- Growth and development.

- Behavior and discipline.
- Problems, such as emotional, socialization, or learning difficulties as well as concerns about family problems or about puberty and teenage years.

A visit when your child is sick is focused on the illness or problem, and your primary care provider will not likely have as much time to do a full exam. Your child will get a complete exam at the well-child visit. Make your appointment right away! And make your appointments at the recommended frequency suggested by your primary care provider.

Some children may need more frequent and comprehensive visits, depending on their condition.