

Importance of Well Child Visits – Keeping Your Kids Healthy

It is important to get a personal primary care provider and to use the same practitioners as much as possible for your child's healthcare needs. The members of your child's healthcare team, that includes primary care providers, pharmacists and other healthcare professionals, are focused on the well-being of your child. 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 immunizations (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, even when children are healthy. Well child 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)
- Lead screening (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.

Your children's 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 they can get to know you and your child. They will also maintain keep your child's medical record and coordinate care with other members of your child's healthcare 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 healthcare
- Sleep habits
- Growth and development
- Behavior and discipline
- Problems such as emotional, socialization, learning, or concerns about family problems or about puberty and teenage years



An exam 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.

Provided by:

