

# Well Check Visit Schedule

## *From Birth to Age 18*

Visit	Common Topics Discussed	Vaccines & Labs	Vaccines prevent and protect against:
<b>Newborn (3-5 days old)</b>	<ul style="list-style-type: none"> <li>• Breastfeeding, formula feeding or combination</li> <li>• Wet diapers and stools</li> <li>• Safe sleep</li> <li>• Bathing baby</li> <li>• Reading</li> <li>• Umbilical cord and/or circumcision</li> <li>• Parent's health</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot (if not done in the hospital)</li> </ul>	<ul style="list-style-type: none"> <li>• Hepatitis B</li> </ul>
<b>1 month</b>	<ul style="list-style-type: none"> <li>• Feeding difficulties</li> <li>• Tummy time</li> <li>• Learning baby's cries</li> <li>• Reading</li> <li>• Safe sleep</li> <li>• Parent's health</li> </ul>		
<b>2 months</b>	<ul style="list-style-type: none"> <li>• Baby's sight</li> <li>• Reading</li> <li>• Feeding routine</li> <li>• Safe sleep</li> </ul>	<ul style="list-style-type: none"> <li>• 3 shots and 1 oral</li> </ul>	<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, whooping cough, polio, hepatitis B, ear infections, meningitis, rotavirus</li> </ul>
<b>4 months</b>	<ul style="list-style-type: none"> <li>• Feeding</li> <li>• Sleep schedule and bedtime routine</li> <li>• Cleaning baby's gums</li> </ul>	<ul style="list-style-type: none"> <li>• 3 shots and 1 oral</li> </ul>	<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, whooping cough, polio, hepatitis B, ear infections, meningitis, rotavirus</li> </ul>
<b>6 months</b>	<ul style="list-style-type: none"> <li>• Teething and dental health</li> <li>• Introducing solids</li> <li>• Rolling over and sitting up</li> <li>• Language development</li> <li>• Babyproofing</li> <li>• Choking and CPR training</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots and 1 oral</li> </ul>	<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, whooping cough, polio, hepatitis B, ear infections, meningitis, rotavirus</li> </ul>
<b>9 months</b>	<ul style="list-style-type: none"> <li>• Healthy diet &amp; bottles</li> <li>• Bedtime routines</li> <li>• Pulling to stand &amp; mobility</li> <li>• Separation anxiety</li> <li>• Car seat and home safety</li> </ul>	<ul style="list-style-type: none"> <li>• Anemia screening</li> </ul>	<ul style="list-style-type: none"> <li>• Catch up on any missed vaccines</li> </ul>

<b>12 months</b>	<ul style="list-style-type: none"> <li>• Standing and first steps</li> <li>• Healthy diet and mealtime routines</li> <li>• Switching to whole milk (if formula-fed)</li> <li>• Behavior</li> </ul>	<ul style="list-style-type: none"> <li>• 4 shots</li> <li>• Anemia and lead test (finger prick)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken pox, measles, mumps, german measles, hepatitis A, ear infections, meningitis</li> </ul>
<b>15 months</b>	<ul style="list-style-type: none"> <li>• Speech and feelings</li> <li>• Sleep</li> <li>• Safety</li> <li>• Temper tantrums and discipline</li> <li>• Teeth health</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots</li> </ul>	<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, whooping cough, meningitis</li> </ul>
<b>18 months</b>	<ul style="list-style-type: none"> <li>• Talking and reading</li> <li>• Interaction</li> <li>• Toilet training</li> <li>• Setting limits and time-outs</li> <li>• Healthy diet</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot</li> </ul>	<ul style="list-style-type: none"> <li>• Hepatitis A</li> </ul>
<b>2 years</b>	<ul style="list-style-type: none"> <li>• Speech</li> <li>• Technology and TV</li> <li>• Car and outside safety</li> <li>• Toilet training</li> <li>• Behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Lead test (finger prick)</li> </ul>	
<b>30 months</b>	<ul style="list-style-type: none"> <li>• Speech and communication</li> <li>• Preschool</li> <li>• Family activities</li> <li>• Social interaction</li> </ul>		
<b>3 years</b>	<ul style="list-style-type: none"> <li>• Reading and talking</li> <li>• Rules and behavior</li> <li>• Physical activity</li> <li>• Safety</li> <li>• Playing with others</li> </ul>		
<b>4 years</b>	<ul style="list-style-type: none"> <li>• Preparing for school</li> <li>• Community involvement</li> <li>• Healthy habits</li> <li>• Technology</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots</li> </ul>	<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, whooping cough, polio, chicken pox, measles, mumps, german measles</li> </ul>
<b>5 &amp; 6 years</b>	<ul style="list-style-type: none"> <li>• Preparing for school</li> <li>• Child's temper</li> <li>• Healthy diet</li> <li>• Physical activity</li> </ul>		

<p><b>7 &amp; 8 years</b></p>	<ul style="list-style-type: none"> <li>• School</li> <li>• Safety</li> <li>• Adult interaction</li> <li>• Healthy eating</li> <li>• Physical activity</li> <li>• Handling feelings</li> <li>• Dental health</li> </ul>		
<p><b>9 &amp; 10 years</b></p>	<ul style="list-style-type: none"> <li>• School</li> <li>• Safety</li> <li>• Healthy eating</li> <li>• Physical activity</li> <li>• Dental health</li> <li>• Emotions</li> <li>• Growing and developing</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot</li> </ul>	<ul style="list-style-type: none"> <li>• Different types of cancer caused by human papillomavirus (HPV)</li> </ul>
<p><b>11 years</b></p>	<ul style="list-style-type: none"> <li>• Growing and developing</li> <li>• Body changes</li> <li>• Healthy eating</li> <li>• Healthy behaviors</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Violence and injury</li> </ul>	<ul style="list-style-type: none"> <li>• 3 shots (if HPV hasn't been completed)</li> <li>• Lipid profile</li> </ul>	<ul style="list-style-type: none"> <li>• Different types of cancer caused by human papillomavirus (HPV)</li> <li>• Meningitis, diphtheria, tetanus, whooping cough</li> </ul>
<p><b>12 years</b></p>	<ul style="list-style-type: none"> <li>• Growing and developing</li> <li>• Body changes</li> <li>• Healthy eating</li> <li>• Healthy behaviors</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Violence and injury</li> </ul>	<ul style="list-style-type: none"> <li>• Complete blood count (if menstruation has begun)</li> </ul>	<ul style="list-style-type: none"> <li>• Catch up on any missed vaccines</li> </ul>
<p><b>14 years</b></p>	<ul style="list-style-type: none"> <li>• Growing and developing</li> <li>• Body changes</li> <li>• Healthy eating</li> <li>• Healthy behaviors</li> <li>• Feelings</li> <li>• Technology</li> <li>• School and friends</li> <li>• Violence and injury</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot (if HPV hasn't been completed)</li> </ul>	<ul style="list-style-type: none"> <li>• Different types of cancer caused by human papillomavirus</li> </ul>
<p><b>15 years</b></p>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Technology</li> <li>• Healthy behaviors</li> <li>• Violence and injury</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot (if HPV series was completed)</li> </ul>	<ul style="list-style-type: none"> <li>• Different types of cancer caused by human papillomavirus</li> </ul>

<p><b>16 years</b></p>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Technology</li> <li>• Healthy behaviors</li> <li>• Violence and injury</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots (if HPV hasn't been completed)</li> <li>• Urine test</li> </ul>	<ul style="list-style-type: none"> <li>• Meningitis</li> <li>• Different types of cancer caused by human papillomavirus</li> </ul>
<p><b>17 years</b></p>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Technology</li> <li>• Healthy behaviors</li> <li>• Violence and injury</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• Lipid profile (between 17-21 years)</li> <li>• Urine test</li> <li>• 2 shots (if HPV or meningitis hasn't been completed)</li> </ul>	<ul style="list-style-type: none"> <li>• Meningitis</li> <li>• Different types of cancer caused by human papillomavirus</li> </ul>
<p><b>18 years</b></p>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Technology</li> <li>• Healthy behaviors</li> <li>• Violence and injury</li> <li>• Feelings</li> <li>• School and friends</li> <li>• Dental health</li> <li>• Transitioning to adult care</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots (if HPV or meningitis hasn't been completed)</li> <li>• Lipid profile (if not done at 17)</li> <li>• Urine test</li> </ul>	<ul style="list-style-type: none"> <li>• Meningitis</li> <li>• Different types of cancer caused by human papillomavirus</li> </ul>

**Age-appropriate vitals, developmental screenings and risk assessments** as recommended by the AAP occur at each well check appointment. Please know there is a range of acceptable ages for each vaccine, so your individual practice schedule may vary slightly.

**Vaccines for flu, RSV and COVID-19** are available and your provider will discuss the timing and dosage for your child.

**Human papillomavirus vaccine (HPV) series** can be given as early as 9 years, and two doses are required. If the series is given at 15 years or later, three doses are required. This vaccine protects against types of cervical, vulva, vagina, penis, anus and oropharyngeal cancer. Immune response is best at a younger age.