

Well Check Visit Schedule

From Birth to Age 18

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

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

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

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

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 and COVID-19 can be given starting at 6 months of age. A booster is needed to be considered immunized 4 weeks later (COVID can be 4-8 weeks later). After the first dose and booster, these vaccines should be given yearly.

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.