



## Pediatric Wellness Visit Checklist

### Kids of All Ages

- Make family time a priority, particularly family dinner. Time together should be media-free.
- Nutrition is important to normal growth processes, and thus you should make an effort to ensure that your child consumes a well-balanced diet. Be a good role model.
- In a world where children are “growing up digital,” it’s important to help them learn healthy concepts of digital use and citizenship. Be aware of what social media profiles/platforms your children use. Parents play an important role in teaching these skills.
  - Make your own family media use plan. When used thoughtfully and appropriately, media can enhance daily life.
  - Set limits and encourage playtime- treat media as you would any other influence in your child’s life.
  - Create tech-free zones- family time, social gatherings, and keep children’s bedrooms screen free.
  - Don’t use technology as an emotional pacifier.
  - Warn children about the importance of privacy and the dangers of predators, cyberbullying, and sexting.
- Sleep is just as important to your children’s development and well-being as nutrition and physical activity. The amount and quality of sleep we have can affect our safety and alertness, as well as our memories, moods, behavior and learning abilities. Establishing good sleep practices while your children are young will not only benefit you, but it will help them for many years to come.
- The use of vaccines has led to major improvements in child health over a relatively short period. Many of the infectious illnesses you or your parents had as children, from chickenpox to polio to measles, no longer affect most children today.
  - Most parents choose to vaccinate their children.
  - Vaccines protect against measles outbreaks.
  - The flu vaccine is the best way to fight the flu.
  - The HPV vaccine protects against cancer.
- Talk with your clinician if you are concerned your child may be feeling sad, down, or hopeless.
- Not all stress is bad. Successfully managing stressful situations or events enhances a child’s ability to cope in the future. When the stress is continuous or particularly intense, it takes a toll on both the psyche and the body, and if prolonged, a child might be more susceptible to illness and experience fatigue, nightmares, teeth-grinding, insomnia, tantrums, depression and school failure.

## 0 to 3 Years Age Group

- Frequent wellness visits due to rapid growth and change
- Weight, height, and head circumference until 2 then BMI annually
- Newborn hearing screen and follow-up as needed
- Vision risk assessment
- Family medical and social history
- Physical exam
- "Baby shots" completed by age 2
- Flu shots at 6 months and then annually
- Preventive health recommendations
- Safety: car seat, choking, and firearms

## 4 to 11 Years Age Group

- Annual wellness visit with BMI and blood pressure
- Family dinners and activities and modeling healthy habits
- Adequate sleep: No screens in the bedroom
- Visual acuity and hearing screening per AAP schedule
- HPV, Tdap and meningococcal A vaccines, annual flu shot
- Lipid screen for preteens
- Safety: age-appropriate car seat or seat belt, sports safety, bike helmet, bullying, internet, firearms
- Begin puberty

## 12 to 21 Years Age Group

- Annual wellness visit with BMI and blood pressure
- Growth spurt and pubertal changes can be early (10 years of age for girls) or late (15 years of age)
- Family dinners and activities, including teen friends
- Sleep: Need to limit use of computer and phone
- Visual acuity and hearing screen per AAP schedule
- Second meningococcal vaccine and catch-up on any missed vaccines and an annual flu shot
- Screen for depression annually
- Lipid screen and HIV test once in late teens
- Safety: Seat belt, risk-taking behaviors, and sports safety (concussions)

### Milestones:

- Infants should interact with caregivers in daily physical activities that are dedicated to exploring movement and the environment.
- Toddlers aged 1-3 years should engage in at least 60 minutes and up to several hours per day of unstructured physical activity. They should not be sedentary for >60 minutes at a time except when sleeping.
- Breast feeding/formula and weaning to solids and cup
- Sleeping through the night
- Motor skills from rolling to running, grasping to scribbling
- Speech/Language skills from cooing to short sentences
- From the first smile to the beginning of empathy

### Milestones:

- Children should engage in at least 60 minutes of physical activity each day. Most of the 60 minutes of physical activity each day should be either moderate or vigorous intensity aerobic physical activity.
- Motor skills from trike to bike, from stick people to printing
- Increased communication skills: reading, writing, and language
- Fantasy play to group sports
- Makes friends and understands concept of rules

### Milestones:

- Adolescents and young adults should engage in at least 60 minutes of physical activity each day. Most of the 60 minutes of physical activity each day should be either moderate or vigorous-intensity aerobic physical activity.
- Team sports and mastery of special skills, academic progress
- Identifies with peers, creating identity distinct from parents
- Develops skills in abstract and hypothetical thinking and introspection