

Children's Wellness Toolkit

An educational guide to understanding the importance of well-child visits, what to expect at the visit, and the essential role of vaccines for your child.

Importance of well-child visits:

Routine, well-child visits are instrumental to the growth and development of your child. Early childhood is a time of fast growth and change both on a physical and behavioral level. It is important to monitor your child during the years of rapid development through routine check-up visits with the pediatrician, also known as well-child visits.



Benefits of well-child visits:



Prevention: At the visits, your child will receive their scheduled immunizations to prevent illness. You can also ask your pediatrician questions including conversations about ways to improve care and prevent problems to keep your child healthy.



Growth & Development Tracking: These visits allow you to see how much your child has grown since the last check-up. You can also engage in conversations about your child's milestones, social behaviors, learning, and more.



Important Conversations: Well-child visits are the time to share any concerns you may have about your child's development, behavior, sleeping, eating, or social interactions. It is important to bring any questions or concerns about your child to the visit.



Team-oriented Approach: Attending these visits as a parent allows you to have a team-oriented approach with the provider to care for your child. Make sure you work together with the pediatrician to serve the needs of your child to ensure they develop and grow into healthy adults.



Variety of Topics Covered: These visits allow for important conversations to be had about your child, in addition to the following:

- Physical exam
- Sleep and nutritional guidance
- Vaccines
- Emotional health assessment
- For teens, there may be allotted time for confidential conversations that can include assessments for alcohol and drug use and high-risk behavior



Well-child visits are **instrumental to the growth and development** of your child.

Well-Child Visit Schedule

Review this schedule of screenings and assessments from infancy through adolescence (0-18).

First Week Visit (3 to 5 days)

After the initial newborn visit, the pediatrician will let you know when the baby’s follow-up visit will be; this is normally ~2 weeks after birth. Breastfed babies may require more frequent doctor visits. Consult your pediatrician to learn more.



1 month old
2 months old
4 months old



6 months old
9 months old
12 months old



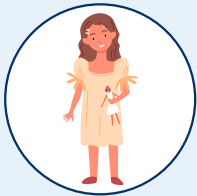
15 months old
18 months old



2 years old
2.5 years old

After 2.5 Years

After 2.5 years, children and adolescents are scheduled to be seen annually for the well child visit.



3 years old
4 years old
5 years old



6 years old
7 years old
8 years old



9 years old
10 years old
11 years old
12 years old



13 years old
14 years old
15 years old
16 years old
17 years old
18 years old

Source: American Academy of Pediatrics (AAP)

Sleep and Nutritional Guidance

As part of the well-child visits, your pediatrician can also share helpful information on sleep and nutritional needs for your children.

Sleep Health

Sleep is incredibly important for your child’s growth and development. Sleep helps in all aspects of growth, from mental to physical health, and overall quality of life. The amount of sleep children need each night varies based on their age. Review the chart below to learn more about your child’s targeted hours of sleep:

Age Range	Recommended Sleep
Newborns (0-3m)	11-17 hours
Babies (4-12m)	12-16 hours, including naps
Toddlers (12-24m)	11-14 hours, including naps
Preschoolers (3-5 years)	10-13 hours, may include a nap
School-aged Kids (6-12 years)	9-12 hours
Teenagers (13-18 years)	8-10 hours

Source: <https://health.clevelandclinic.org/recommended-amount-of-sleep-for-children>



Sleep and Nutritional Guidance (continued)

Nutritional Health

Nutrition is another critical factor in your child’s growth and development. Your children need to have a well-balanced diet. When considering food options for snacks/meals, opt for **nutrient-dense** choices that have **limited added sugars, saturated fats, and sodium**. See some tips below for healthy eating habits.



Eat more fruit and vegetables. Fill at least half the plate with fruits and vegetables every day.



Switch to whole grains. Substitute for whole grains whenever you can. (For example: oatmeal, whole wheat breads, brown rice, etc.)



Be careful with sugary drinks. Limit the sugary drinks your children consume and opt for water or milk whenever possible.



Mix up your sources of protein. Try to mix up the protein sources at mealtime. Include foods like beans, peas, lentils, nuts, eggs, meat, poultry, or seafood.

Source: <https://www.myplate.gov/life-stages/kids>



Image Source: Harvard T.H. Chan School of Public Health

If you have further questions about nutrition or would like to know more, schedule an appointment with a nutritionist. Please reach out to USFHP to learn about your covered nutrition benefits.

Learn more about the recommended immunizations for children!

The well-child visits are the perfect time to schedule your child’s vaccinations and make sure they stay up to date.

The American Academy of Pediatrics (AAP) highly recommends immunizations as the safest and most cost-effective effort to prevent disease, disability, and death in children.



See the chart to the right for a list of preventable diseases that cover all recommended immunizations for children from birth to 18 years old.

Visit the CDC page here to learn more about each disease and how these vaccines can help **or speak to your pediatrician** directly.

Source: <https://www.cdc.gov/vaccines-children/diseases/index.html>

Vaccine Descriptor / Name	Abbreviation – where applicable
COVID-19	
Dengue	
Diphtheria	DTap
Haemophilus influenzae type b	Hib
Hepatitis A & hepatitis B	
Human Papillomavirus	HPV
Influenza	Flu
Measles	MMR
Meningococcal	MenACWY
Mumps	MMR
Pertussis	
Pneumococcal	PCV
Polio	IPV
Rotavirus	RV
Respiratory syncytial virus	RSV
Rubella (German measles)	MMR
Tetanus (lockjaw)	Tdap
Varicella (chickenpox)	

Vaccine Schedules

When it comes to vaccinations, it's important to follow a schedule that best protects your children from certain diseases. This way, they're vaccinated before being exposed to diseases and can reduce the risk of severe complications.

Speak to your pediatrician if your child gets off schedule so you can get back on track, or if you have any specific questions about vaccines. **Please remember that vaccines save lives and protect people from disease!**



See the images below for the recommended schedule to follow. This schedule is approved by the American Academy of Pediatrics, the Centers for Disease Control and Prevention, among other key health organizations.

Recommended Immunizations for Children Birth Through 6 Years Old



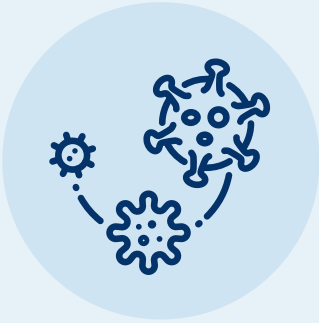
	Birth	1 month	2 months	4 months	6 months	8 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
RSV	✓ 1 dose during RSV season					✓ 1 dose during RSV season for those at high risk						
HepB	✓	✓			✓							
RV			✓	✓	✓							
DTaP			✓	✓	✓			✓				✓
Hib			✓	✓	✓		✓					
PCV			✓	✓	✓		✓					
IPV			✓	✓	✓							✓
COVID-19					✓ As recommended for age group							
Influenza					✓				Yearly			
MMR							✓					✓
Varicella							✓					✓
HepA								✓ Dose 2: 6 months after dose 1				

Recommended Immunizations for Adolescents 7 Through 18 Years Old



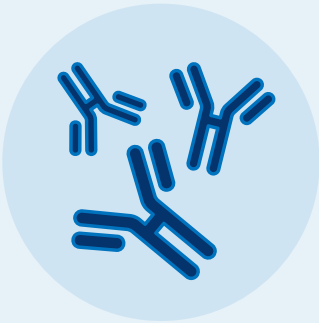
	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years
MenACWY					✓					✓		
MenB								Recommended for some teens		✓		
Flu	✓							Yearly				
HPV (3 doses if given after age 15)			✓ 2 doses recommended									
Tdap					✓							
COVID-19	✓ As recommended for age group											

How do Vaccines Work?



Step One

A vaccine with a weak or inactive form of a virus or bacteria is injected into the body



Step Two

The vaccine trains the body to recognize and fight the virus/bacteria by producing antibodies and stimulating the immune system



Step Three

If the person becomes exposed to the virus/bacteria, the body is prepared to defend itself

What is Herd Immunity?

This concept explains that when many people are protected from a contagious infection, it is difficult for that infection to spread amongst a community. Vaccines help with herd immunity, but if people in the community do not follow the designated vaccine schedule or skip boosters, the disease can begin to spread! **This is why it is important to vaccinate your children against deadly diseases and follow the designated schedule.**

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Fast Facts

Immunizations

Side effects are normal and anticipated.

It is a sign your body's immune system is working to get stronger and protect itself against the virus/bacteria.



It is okay to give your child multiple shots in one visit!



It is recommended that all children/teens are vaccinated with this schedule, with a few exceptions.



If your child has a chronic health condition or is on medications that suppress their immune system, they may need modifications. Check with your pediatrician.

Your child cannot get a disease from a vaccine because the vaccine either contains a virus or bacteria that is **not alive or is extremely weak.**

Vaccines have active ingredients that send important information to the immune system so that the body can create antibodies.



It is best to follow this schedule but if your child misses a shot, you don't need to start over.



Rather, call the pediatrician's office to schedule the next available appointment. However, try not to **delay getting the vaccines** to ensure maximum protection from these diseases.

If your child is sick with a mild illness (for example: cold, earache, etc.), they still may be able to get vaccinated.



It doesn't overwhelm their immune system. If you have any concerns, speak with your pediatrician directly.



Additional Resources:

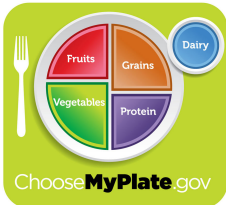
If you want to learn more about the topics discussed in this toolkit, here is a list of reputable resources. Don't forget to reach out to your pediatrician with any questions or concerns you may have.



Centers for Disease
Control and
Prevention (CDC)



American Academy
of Pediatrics (AAP)



USDA MyPlate



**US FAMILY
HEALTH PLAN**

SVCMC, INC
530 Seventh Avenue -10th Floor
New York, NY 10018

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HEALTH PLAN**

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Children's Wellness Toolkit

*An educational guide
to understanding the
importance of well-child
visits.*

Learn what to expect at well-child visits today!

Important Things to Remember as a Parent

- ✓ **Celebrate your child's developmental milestones!**
Whether it's their first words or first steps, reaching developmental milestones is important.
- ✓ **If needed, act early by talking to your pediatrician about any concerns.** The well-child visits are appropriate times to ask questions or share any concerns you may have about your child.
- ✓ **Come prepared for your child's doctor's appointments.** Bring a list of your child's medications to the visit, in addition to any questions you may have.
- ✓ **Always remember, you know your child best.**

Source: <https://www.healthychildren.org/English/ages-stages/Your-Childs-Checkups/Pages/default.aspx>

