Well Child Visits
A Key to Healthy Kids

Communication Message

The goal of this statewide collaborative is to help our patients, families and the community at large understand the benefits of well child visits and the importance of preventive health beginning early in life.
What is a Well Child Visit?

A well child visit is designed to prevent health problems. It is a different type of visit than when your child sees a healthcare provider because they are sick.
Best Practice

Bright Futures

- Principles and strategies to support practices to achieve excellent quality of care for children and families
- Set of guidelines that is evidence based
- Support for team approach – Medical Neighborhood
- New evidence supporting community influences- social determinants of health
- Vital importance of caring for children and families
What happens at a Well Child Visit?

The Appointment Includes

The Visit is organized by the 5 priorities:

- Review of systems
- Observation of parent child interactions
- Comprehensive physical exam
- Screenings appropriate to age
- Immunizations
Prevent Problems

The clinic team will:
- Find health problems early through needed screening
- Make sure shots are current
- Review healthy eating
- Oral Health screening
- Screenings needed at each age
- Check on the child’s safety and emotional health

Resource: www.healthychildren.org

Track Growth and Development

The care team will measure:
- Height and weight
- How your child learns and grows
- Milestones
- Mental and social health

Resource: www.healthychildren.org
Bring Up Concerns

You can talk to your Healthcare Provider about your child’s:

- Behavior
- Sleep
- Eating
- Growth
- Ability to get along with others
- Learning, thinking and problem solving
- Physical activity

Create A Team Approach

You and the clinic team can:

- Build trust in each other
- Help when well and help when sick
- Work together for your child and family needs
- Find other resources to help children and families such as dentists, public health, community resources that might be needed based on individual needs

Resource: www.healthychildren.org
Well Child Visit Recommended Schedule

WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD

<table>
<thead>
<tr>
<th>Age</th>
<th>Visit 1</th>
<th>Visit 2</th>
<th>Visit 3</th>
<th>Visit 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 days old</td>
<td>1 mo.</td>
<td>2 mo.</td>
<td>4 mo.</td>
<td>6 mo.</td>
</tr>
<tr>
<td></td>
<td>9 mo.</td>
<td>12 mo.</td>
<td>15 mo.</td>
<td></td>
</tr>
</tbody>
</table>

18 MONTHS TO 3 YEARS OLD

<table>
<thead>
<tr>
<th>Age</th>
<th>Visit 1</th>
<th>Visit 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 mo.</td>
<td>2 yr.</td>
<td>2 ½ yr.</td>
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</table>

3 TO 6 YEARS OLD

<table>
<thead>
<tr>
<th>Age</th>
<th>Visit 1</th>
<th>Visit 2</th>
<th>Visit 3</th>
<th>Visit 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 yr.</td>
<td>4 yr.</td>
<td>5 yr.</td>
<td>6 yr.</td>
<td></td>
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</table>

Continue yearly well visits into adulthood

Well child visits help give your child the best chance to grow into a healthy adult.

Why Well Child Visits at ages 3-6?
### More Than Immunizations

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5 &amp; 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gross and fine motor skills</strong></td>
<td>Pedal tricycle, Cuts with scissors</td>
<td>Skips on one foot, Grasps pencil</td>
</tr>
<tr>
<td><strong>Social and language development</strong></td>
<td>Cooperation with others, Sharing</td>
<td>Brushes teeth, Follows simple rules in games</td>
</tr>
<tr>
<td><strong>Observe parent and child interactions</strong></td>
<td>Does parent acknowledge positive behaviors?</td>
<td>Does child separate from parent during exam?</td>
</tr>
<tr>
<td><strong>Assess for risks and safety</strong></td>
<td>Tobacco, Alcohol in home, Food insecurities, Car seat, Choking hazards</td>
<td>Water safety, Pets, Firearm safety</td>
</tr>
<tr>
<td><strong>Possible screenings</strong></td>
<td>Vision screening, Oral health, Possible lead, Hearing</td>
<td>Hearing, Oral health, Lead, TB, Lipid</td>
</tr>
</tbody>
</table>

### Developmental Screening Schedule

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<tr>
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</thead>
<tbody>
<tr>
<td>Developmental Screening</td>
</tr>
<tr>
<td>Autism Spectrum Disorder Screening</td>
</tr>
<tr>
<td>Developmental Surveillance</td>
</tr>
<tr>
<td>Psychosocial/Behavioral Assessment</td>
</tr>
</tbody>
</table>
Medical Neighborhood

- Moving beyond the status quo – outside traditional office practice
- Public Health partnerships
- Dental clinics
- Communication and care coordination
- Promotion of health and disease prevention
- Support for Children/families with special health care needs
- Culturally appropriate interventions

How do we all work together?

- Dental Offices
- Primary Care
- Community Resources
- Public Health

Child & Family
Primary Care Offices

+ Utilizing Bright Futures as standards and guidelines
+ Screenings for physical, mental and oral health at the appropriate ages and be aware of where families can receive needed help if needs arise
+ Care coordination which includes helping patients navigate through specialty services and closing the loop on referrals by ensuring that information has been received back to the primary care office
+ Support for children and families during all ages

Public Health

+ Health Tracks screenings & Immunizations
+ Awareness of primary care office and assist to educate families on importance of having a primary care provider team
+ Awareness of oral health and appropriate screenings and referrals as needed
+ Education to families
**Oral Health: Dentists**

- Smiles for Life program, which is a national program for promoting oral health into primary care
- Education for all to promote oral health
- Dental office promoting the need for primary care
- The dental office will offer education and support for families to connect to primary care and public health resources as appropriate

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**Community Resources**

**DIVISION OF SPECIAL HEALTH SERVICES (SHS)**

**MISSION**: Promote a system of care and services for individuals with special health care needs and their families

**CROSS CUTTING STRATEGIES**: Care coordination, collaboration, data-informed decisions, information and education
PROGRAMS AND SERVICES:

✚ Coordinated Services Program – Metabolic food, Multidisciplinary Clinics, Cardiac Care for Children, and State School Nursing

✚ Financial Coverage Program – Diagnostic Testing and Evaluation, Treatment, and Russell Silver Syndrome

✚ Newborn Screening and Follow-up Program – Blood Spot, Hearing, and Critical Congenital Heart Disease

✚ Children with Special Health Care Needs System Enhancement Program – Family Professional Partnership, Medical Home, Adequate Health Insurance, Early and Continuous Screening and Surveillance, Easy to Use Services and Supports, Transition to Adult Health Care

Community Resources

References

✚ American Academy of Pediatrics, www.aap.org

✚ Bright Futures 4th edition

✚ www.HealthyChildren.org

✚ www.smilesforlifeoralhealth.org
Questions