

# Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



## KEEP YOUR CHILD HEALTHY WITH REGULAR **WELL-CHILD VISITS!**

Making sure that your child sees their pediatrician for regular well-child visits and recommended vaccines is one of the best things you can do to protect your child. Well visits are the foundation for a strong, trustworthy relationship among pediatrician, parent and child, helping to develop the optimal physical, mental and social health of a child.

### KEY COMPONENTS OF A WELL VISIT:



Discussion of personal  
& family history



Head-to-toe examination



Tracking growth &  
developmental milestones



Immunizations



Confidential discussions on  
mental & reproductive health



Screenings for vision,  
hearing, elevated blood lead  
levels & much more



Counseling on  
nutrition & activity



Questions you may have  
for your provider

### WELL-CHILD VISITS SHOULD BE SCHEDULED AT THE FOLLOWING AGES:

- |  |                                       |                                    |
|--|---------------------------------------|------------------------------------|
| <input type="checkbox"/> 2 to 5 days   | <input type="checkbox"/> 1 month      | <input type="checkbox"/> 2 months  |
| <input type="checkbox"/> 4 months  | <input type="checkbox"/> 6 months     | <input type="checkbox"/> 9 months  |
| <input type="checkbox"/> 12 months   | <input type="checkbox"/> 15 months    | <input type="checkbox"/> 18 months |
| <input type="checkbox"/> 2 years old   | <input type="checkbox"/> 2½ years old | <input type="checkbox"/> 3 years   |
| <input type="checkbox"/> Once every year thereafter for a physical examination/assessments |                                       |                                    |



## IMMUNIZATIONS

Immunizations are a key component of the well-child visit, helping to keep your child and your community safe from serious diseases that are easily spread. Especially during the pandemic, it is critical that you schedule your well-child visits. Pediatrician offices are safe and taking every precaution to limit exposure to COVID-19 and other illnesses during your visit.

No insurance? Many providers are already enrolled in VFC, which provides vaccines to families on Medicaid or with no insurance.

Most importantly – Vaccines are SAFE! Vaccines go through vigorous testing before approved for use.

## LEAD PREVENTION



### REMEMBER:

1. Children are most at risk.
2. No level of lead is safe.
3. Lead impacts learning and behavior.



# 3 in 100 children

in Ohio have elevated blood levels

Ohio law requires blood lead testing at 12 and 24 months of age for children insured by Medicaid or who live in a high-risk ZIP code. These lead screenings take place during regular well-child visits with your pediatrician.

## NUTRITION & WELLNESS

### Did you know?

- The first two years of life represent a sensitive period or “window of opportunity” for humans to learn to eat healthy, nutritious diets that, among other things, help protect against the risk of childhood obesity.



Regular well-child visits give pediatricians the opportunity to monitor a child’s growth, discuss current habits and offer healthy eating and activity tips to help parents address concerns with their child and create healthy habits that can last a lifetime.

**For more information about the importance of well-child visits, please visit [ohioaap.org](http://ohioaap.org).**

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