



Well-Child Visits Schedule Infancy through Adolescence

Keeping Kids Healthy!

Health Exams | Growth and Development | Tests | Screenings | Safety
Sleep Habits | Behavior | Emotional | Socialization | Mental Health
Learning | Nutrition | Immunizations | Physical Activity



What are the benefits of well-child visits?

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your primary care provider about nutrition and safety in the home and at school.
- **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your medical provider about your child's development. You can discuss your child's milestones, social behaviors, and learning.
- **Raising concerns.** Make a list of topics you want to talk about with your child's primary care provider such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your provider at the start of the visit.
- **Team approach.** Regular visits create strong, trustworthy relationships among primary care provider, parent and child. The American Academy of Pediatrics recommends well-child visits as a way for primary care providers and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

What happens during a well-child visit?

During a well-child visit, your primary care provider will:

- Perform a physical exam
- Give the child any necessary shots (immunizations or vaccinations)
- Track how your child is growing and developing
- Talk about illness prevention, diet and physical fitness, and health and safety issues
- Talk about how to handle emergencies and sudden illness.

Make sure your medical provider isn't doing all the talking. The well-child visit is your best opportunity to bring up any worries about your child's growth and development, especially if your child is not reaching important milestones. Remember, your provider may be an expert in children's health, but you are the expert on your child.

Also, don't be afraid to ask questions, medical or otherwise. Your child's medical provider can give you valuable advice on how to promote your child's learning and development, how to potty train, tips on playground safety, and more.

When should my child go for their well-child visits?

Even children who are perfectly healthy go to the doctor a lot. That's because the first two years are a crucial time in a child's growth and development, and your doctor will want to keep close tabs on your child's progress.

The American Academy of Pediatrics has a recommended schedule of visits for children starting soon after they are born, and continuing to adulthood. [Insurance reimbursements may vary according to your insurance plan; especially coverage for the 1 month and 2 ½ year visits. The Knoxville Hospital & Clinics recommends that parents discuss coverage with their insurance carrier.]

The immunizations and vaccinations your child is scheduled to receive at their well-child visit are listed in the [Childhood Immunization Schedule](#).

Well-Child Care Visits Schedule

This schedule was adapted from the American Academy of Pediatrics recommendations for primary care providers and parents to serve the physical, mental and social health needs of children.

Visit Schedule	What to Expect	Development Milestones
Newborn Visit 2 to 5 days	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion topics: Newborn care, the transition to home, nutritional adequacy, parental well-being, and safety • Review of systems: Nutrition, elimination, sleep, behavior • Screenings/Tests: If your baby hasn't gone through a metabolic/hemoglobin screening yet, they will at this appointment. 	<ul style="list-style-type: none"> • Eats well • Follows your face • Turns and calms to your voice • Can suck, swallow, and breath easily
1 month <i>(Covered by most insurance plans if the child is breast feeding. Check with your insurance carrier.)</i>	<ul style="list-style-type: none"> • Examinations: Physical examination • Discussion topics: Parental well-being, feeding routines, infant adjustment, safety • Review of systems: Nutrition, elimination, sleep, and behavior • Screenings/Tests: Vision, tuberculosis 	<ul style="list-style-type: none"> • If upset, able to calm • Follows parents with eyes • Recognizes parents' voices • Smiles • Lifts head when on tummy
2 months	<ul style="list-style-type: none"> • Examinations: Physical, cognitive, communicative, social-emotional • Review of systems: Nutrition, elimination, sleep, behavior • Discussion topics: Maternal well-being, infant-family synchrony, nutritional adequacy, infant behavior, safety • Screenings/Tests: Vision 	<ul style="list-style-type: none"> • Smiles • Coos • Looks at you • Comforts self (brings hands to mouth) • Has different types of cries to show hunger or when tired • Fusses if bored • Moves both arms and legs together • Holds head up when held • Pushes head up when lying on tummy

<p>4 months</p>	<ul style="list-style-type: none"> • Examinations: Physical, hearing, vision, healthy teeth, cognitive, communicative, social-emotional • Discussion topics: Family functioning, nutritional adequacy and growth, infant development, oral health, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity • Screenings/Tests: A Hematocrit or hemoglobin screening may be ordered to test for anemia. 	<ul style="list-style-type: none"> • Smiles to get your attention • Keeps head steady when sitting on your lap • Begins to roll and reach for objects • Wants you to play • Can calm down on their own • Likes to cuddle • Lets you know when they like something • Lets you know when they don't like something • Uses arms to lift chest • Babbling
<p>6 months</p>	<ul style="list-style-type: none"> • Examinations: Physical development, hearing, vision, oral health, cognitive, communicative, social-emotional • Discussion topics: Family functioning, nutrition and feeding, infant development, oral health, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity • Screenings/Tests: Baby may get a lead screening to make sure they haven't been exposed to dangerous levels of lead, which can affect their developmental and behavioral growth. The provider may also give baby a tuberculosis test and check their oral health — they may have their first tooth by now! 	<ul style="list-style-type: none"> • Rolls over • Sits briefly, leans forward • Likes to play with you • Babbles and tries to "talk" to you • Likes to look around • Begins name recognition • Smiles at people the child knows • Puts things in their mouth
<p>9 months</p>	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing • Discussion topics: Family adaptations, infant independence, feeding routine, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity 	<ul style="list-style-type: none"> • Looks for something that has been dropped • Pulls to stand • Is afraid of new people • Goes to you to play and be comforted • Points things out • Sits well • Can repeat sounds

	<ul style="list-style-type: none"> • Screenings/Tests: Oral health check, lead exposure 	<ul style="list-style-type: none"> • Looks at books • Crawls • Plays peekaboo
12 months	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing • Discussion topics: Family support, establishing routines, feeding and appetite changes, establishing a dental home, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity • Screenings/Tests: Hematocrit or hemoglobin screening; may receive lead screening; oral health; TB test 	<ul style="list-style-type: none"> • Bangs toys together • Waves bye-bye • Tries to do what you do • Stands alone • Drinks from a cup • Speaks 1 to 2 words • Babbles • Tries to make the same sounds you do • Looks at things you are looking at • Cries when you leave • Hands you a book to read • Follows simple directions • Plays peekaboo
15 months	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing • Discussion topics: Communication and social development, sleep routines and issues, temper tantrums and discipline, healthy teeth, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity 	<ul style="list-style-type: none"> • Tries to do what you do • Bends down without falling • Walks well • Puts block in a cup • Scribbles • Drinks from a cup with very little spilling • Says two to three words • Listens to a story • Helps in the house • Brings toys over to show you • Follows simple commands
18 months	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing, oral health • Discussion topics: Family support, child development and behavior, language promotion/hearing, toilet training readiness, safety • Review of systems: Nutrition, elimination, sleep, behavior, activity 	<ul style="list-style-type: none"> • Knows name of favorite book • Laughs in response to others • Runs • Walks up steps • Speaks six words • Uses spoon and cup without spilling most of the time

	<ul style="list-style-type: none"> • Screenings/Tests: Lead screening; a TB test; hematocrit or hemoglobin test to check for anemia; Autism screening (your provider will check for signs of autism spectrum disorders (ASDs), a group of developmental disorders that can affect a child’s behavior, social skills and communication skills). Your provider is looking at your baby’s reaction to certain things; and will ask the parent a series of observational questions. If your child does show signs of an ASD, your provider will recommend services or programs that can help with your child’s development. 	<ul style="list-style-type: none"> • Points to one body part • Stacks two small blocks • Helps around the house
2 years	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing • Discussion topics: Assessment of language development, temperament and behavior, toilet training, TV viewing, safety • Review of systems: Nutrition, elimination, toilet training, sleep, behavior/temperament, physical activity • Screenings/Tests: Your child’s medical provider may give them a hematocrit or hemoglobin test to check for anemia, a lead screening, autism-specific screen, a TB test or an oral health examination. Another possibility is a dyslipidemia screening, which tests for signs of a lipid disorder. It’s done through a blood test. 	<ul style="list-style-type: none"> • Stacks five or six small blocks • Kicks a ball • Walks up and down stairs one step at a time alone while holding wall or railing • Can point to at least two pictures that you name when reading a book • Throws a ball overhand • Names one picture such as a cat, dog, or ball • Jumps up • Copies things that you do • Follows two-step command • When talking, puts two words together, like “my book” • Turns book pages one at a time • Plays pretend • Plays alongside other children
2 ½ years <i>[Not covered by all insurance]</i>	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, vision, hearing, oral health 	<ul style="list-style-type: none"> • Points to six body parts • Jumps up and down in place

<p><i>plans. Check with your insurance carrier.]</i></p>	<ul style="list-style-type: none"> • Discussion Topics: Family routines, language promotion and communication, social development, preschool considerations, safety • Review of Systems: Nutrition, elimination, toilet training, sleep, behavior/temperament, physical activity • Screenings/Tests: Structured development screen 	<ul style="list-style-type: none"> • Puts on clothes with help • Other people can understand what your child is saying half of the time • Washes and dries hands without help • Plays pretend • Plays with other children, like tag • When talking, puts three or four words together • Knows correct animal sounds (such as cat meows, dog barks) • Brushes teeth with help
<p>3 years</p>	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional, hearing, oral health • Discussion Topics: Family support, encouraging literacy activities, playing with peers, promoting physical activity, safety • Review of systems: Nutrition, elimination, toilet training, sleep, behavior/temperament, physical activity, parent-child interactions • Screenings/Tests: Your child's medical provider may give them a hematocrit or hemoglobin test to check for anemia, a lead screening, autism-specific screen, a TB test or an oral health examination. 	<ul style="list-style-type: none"> • Stacks six small blocks • Throws a ball overhand • Balances on each foot • Copies a circle • Names a friend • Pretend play, such as playing house or school • Has a conversation with two to three sentences together • Knows the name and use of cup, spoon, ball, and crayon • Usually understandable • Walks up the stairs switching feet • Toilet trained during the day • Draws a person with two body parts • Can help take care of himself by feeding and dressing • Identifies as a girl or boy

<p>4 years</p>	<ul style="list-style-type: none"> • Examinations: Physical development, cognitive, communicative, social-emotional • Discussion Topics: School readiness, healthy personal habits, TV/media, child and family involvement, safety • Review of Systems: Nutrition, elimination, toilet trained, sleep, behavior/temperament, physical activity, toxic exposure, passive smoking, parent-child interaction • Screening/Tests: Your child's medical provider may order a hematocrit or hemoglobin test to check for anemia, a lead screening, autism-specific screen, a TB test or an oral health examination. Another possibility is a dyslipidemia screening, which tests for signs of a lipid disorder. It's done through a blood test. 	<ul style="list-style-type: none"> • Builds a tower of eight small blocks • Copies a cross • Can balance on each foot • Names four colors • Hops on one foot • Draws a person with three parts • Dresses themselves, including buttons • Plays pretend by alone and with others • Knows their name, age, and whether they are a boy or girl • Plays board or card games • Other people can understand what they are saying • Brushes own teeth
<p>5 years</p>	<ul style="list-style-type: none"> • Examinations: Physical development, motor, language, learning • Discussion Topics: School readiness, mental health, nutrition and physical activity, oral health, safety • Review of Systems: Nutrition, sleep, physical activity, school, parent-child-sibling interaction, cooperation/oppositional behavior • Screening/Tests: Lead, TB test, anemia 	<ul style="list-style-type: none"> • Listens well and follows simple instructions • Can tell a story with full sentences • Counts to 10 • Names at least four colors • Draws a person with six body parts • Copies squares and triangles • Writes some letters and numbers • Balances on one foot • Hops, skips, and climbs • Ties a knot
<p>6 year</p>	<p>Examinations: Physical development, motor, language, learning</p> <ul style="list-style-type: none"> • Discussion Topics: School readiness, mental health, nutrition and physical activity, oral health, safety 	<ul style="list-style-type: none"> • Listens well and follows simple instructions • Names at least four colors • Balances on one foot • Draws a person with six body parts

	<ul style="list-style-type: none"> • Review of Systems: Nutrition, sleep, physical activity • Screenings/Tests: Lead, TB test, Dyslipidemia, Anemia, Oral health 	<ul style="list-style-type: none"> • Counts to 10 • Copies squares, triangles • Can tell a story with full sentences • Writes some letters and numbers • Hopes, skips, climbs • Ties a knot
7 year	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion Topics: School, development and mental health, nutrition and physical activity, oral health, safety • Review of Systems: Nutrition, sleep, physical activity • Screenings/Tests: Vision, hearing, TB, anemia 	<ul style="list-style-type: none"> • Eats healthy meals and snacks • Has friends • Gets along with family • Is doing well in school • Participates in an after-school activity • Is vigorously active for 1 hour a day • Does chores when asked
8 year	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion Topics: School, development and mental health, nutrition and physical activity, oral health, safety • Review of Systems: Nutrition, sleep, physical activity • Screenings/Tests: TB, dyslipidemia, anemia 	<ul style="list-style-type: none"> • Eats healthy meals and snacks • Has friends • Is doing well in school • Participates in an after-school activity • Is vigorously active for 1 hour a day • Does chores when asked • Gets along with friends
9 year	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion Topics: school, development and mental health, nutrition and physical activity, oral health, safety • Review of Systems: nutrition, physical activity • Screening/Tests: vision, hearing, TB, anemia 	<ul style="list-style-type: none"> • Eats healthy meals and snacks • Has friends • Is doing well in school • Feels good about himself • Participates in an after-school activity • Is vigorously active for 1 hour a day • Gets along with family • Getting changes to make own decisions • Does an activity really well

<p>10 year</p>	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion Topics: school, development and mental health, nutrition and physical activity, oral health, safety • Review of Systems: nutrition, physical activity • Screenings/Tests: TB, dyslipidemia, anemia 	<ul style="list-style-type: none"> • Eats healthy meals and snacks • Has friends • Is doing well in school • Feels good about himself • Gets along with family • Participates in an after-school activity • Vigorously exercises for 1 hours a day • Does chores when asked • Getting chances to make own decisions • Does an activity really well
<p>11-14 year (Early Adolescent Visits)</p>	<ul style="list-style-type: none"> • Examination: Physical development • Discussion Topics: Physical growth and development, social and academic competence, emotional well-being, risk reduction and healthy behavior choices, violence and injury prevention • Review of Systems: Well-teen assessment • Screening/Tests/Questions: Vision, hearing, TB, dyslipidemia, anemia <p><i>We recommend your child have a physical exam every 1-3 years, depending upon each individual's health status.</i></p>	<ul style="list-style-type: none"> • Child engages in behavior that supports a healthy lifestyle, such as eating healthy foods, being active, and keeping safe • Child has at least one responsible adult in their life who cares about them and to whom they can go to if help is needed • Child has at least one friend or a group of friends with whom they are comfortable • Child helps others individually or by working with a group in school, a faith-based organization, or the community • Child is able to bounce back from life's disappointments • Child has a sense of hopefulness and self-confidence • Child has become more independent and made

		<p>more of his or her decisions as becoming older</p> <ul style="list-style-type: none"> • Child is particularly good at doing a certain thing like math, soccer, theater, cooking, or hunting
15-17 year	<p>Examinations: Physical development</p> <p>Discussion Topics: Physical growth and development, social and academic competence, emotional well-being, risk reduction, violence and injury prevent</p> <p>Review of Systems: Well-teen assessment</p> <p>Screening/Tests/Questions: Vision, hearing, tuberculosis, dyslipidemia, anemia, alcohol or drug use, STIs, cervical dysplasia, pregnancy</p> <p><i>We recommend your child have a physical exam every 1-3 years, depending upon each individual's health status</i></p>	<ul style="list-style-type: none"> • Child engages in behavior that supports a healthy lifestyle, such as eating healthy foods, being active, and keeping self safe • Has at least one responsible adult in life who cares about the child and who they can go to if help is needed • Has at least one friend or a group of friends with whom they are comfortable • Helps others on own or by working with a group in school, a faith-based organization, or the community • Able to bounce back from life's disappointments • Has a sense of hopefulness and self-confidence • Has become more independent and makes more of own decisions • Particularly good at doing a certain thing like math, soccer, theater, cooking or hunting
18-21 year	<ul style="list-style-type: none"> • Examinations: Physical development • Discussion Topics: Physical growth and development, social and academic competence, emotional well-being, risk reduction, violence and injury prevention 	<ul style="list-style-type: none"> • Engages in behavior that supports a healthy lifestyle, such as eating healthy foods, being active, and keeping self safe

	<ul style="list-style-type: none"> • Review of Systems: Well teen assessment • Screening/Tests/Questions: Vision, hearing, tuberculosis, dyslipidemia, anemia, alcohol or drug use, STIs, cervical dysplasia, pregnancy <p><i>We recommend your child have a physical exam every 1-3 years, depending upon each individual's health status.</i></p>	<ul style="list-style-type: none"> • Has at least one responsible adult in life who cares about them and who they can go to if help is needed • Has at least one friend or a group of friends with who they are comfortable • Helps others on own or by working with a group in school, a faith-based organization, or the community • Has a sense of hopefulness and self-confidence • Has become more independent and made more of their own decisions as becoming older • Particularly good at doing a certain thing like math, soccer, theater, cooking, or hunting
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