



Recommendations for Preventive Pediatric Health Care

Northwest Primary Care recommends that you bring your child in for regular visits to assist in keeping your child healthy. Well-child visits allow your child’s Primary Care Provider (PCP) to monitor your child’s growth and development, give any vaccines that are due, and provide a chance to find and treat any concerns early. Well-child appointments are also a good time for you to ask any questions that you have about your child’s health and also give the PCP time to discuss age appropriate behavioral issues, including behaviors at the adolescent age.

Visit and Immunization chart

This chart lists important vaccines and tests as well as recommended well-child visits. In addition to these vaccinations, we recommend all children aged 6 months and older get a flu vaccine every fall.

AGE	Recommended office visits	Pediatric routine visit schedule
Birth	Well-child visit	Newborn blood screen Immunizations may be due
3-5 days	Well-child visit	
7-14 days	Well-child visit	2 nd PKU will be due (please bring in baby’s paperwork)
1 month	Well-child visit	Height, weight and head circumference check for proper growth
2 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
4 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
6 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
9 months	Well-child visit	Height, weight and head circumference check for proper growth Developmental screening
12 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Developmental screening and blood draw
15-18 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Developmental and Autism screening
2 years	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Autism screening, blood draw and BMI check
3 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
4 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure, vision and hearing check
5 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure, vision and hearing check
6, 8 and 10 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
11 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure and vision check
12 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
13 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure and vision check
14 and 15 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
16 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
17 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check



NEWBORN: 0-7 DAYS PEDIATRIC DEVELOPMENTAL SCREENING

Date: _____

Name: _____ DOB: _____ Male Female

Physician Signature: _____

Instructions: Please answer the questions about your child below by choosing YES or NO. These questions help us to assess the health, development, and safety of your child.

General Health		
Do you have concerns about your baby?	NO	YES
Has your baby had any illnesses since hospital discharge?	NO	YES
Are they excessive spitting or vomiting?	NO	YES
Are they excessively crying (more than 3 hours/day)?	NO	YES
Do they have severe nasal stuffiness?	NO	YES
Do you have concerns about skin color or rash?	NO	YES
Did you know that a rectal temperature of 100.4 is a fever?	YES	NO
Could you take a rectal temperature if necessary?	YES	NO
Feeding/ Nutrition		
Is your baby breast feeding well?	YES	NO
How often?		
For how long? (minutes)		
Is your baby taking formula well?	YES	NO
How often?		
How many ounces?		
Which formula?		
Are you feeding your baby anything other than breast milk or formula?	NO	YES
Elimination		
Do they have problems with bowel movements (going poop)?	NO	YES
Do they have problems urinating (peeing) at least five times per 24 hours?	NO	YES
Sleep		
Do you have questions about sleep habits?	NO	YES
Social Stressors		
Has either parent been sad or crying a lot? Feeling down, depressed, or hopeless?	NO	YES
If there are other children in the house, are they adjusting well to the newborn?	YES	NO
Are you having family stress?	NO	YES
Do you ever worry that your family will go hungry?	NO	YES

NEWBORN: 0-7 DAYS PEDIATRIC DEVELOPMENTAL SCREENING

Name: _____ DOB: _____

Development		
Does your baby turn and/or calm to your voice?	YES	NO
Does your baby's eyes follow your face a little bit?	YES	NO
Does your baby move their arms and legs well?	YES	NO
Does your baby suck, swallow, and breathe easily when eating?	YES	NO
Safety		
Does your baby sleep on his/her back?	YES	NO
Does your baby sleep in a bassinet or crib and not parents' bed?	YES	NO
Does your baby ride in a rear facing safety seat, in the back seat?	YES	NO
Is your baby exposed to anyone who smokes?	NO	YES
Are there working smoke detectors in the home?	YES	NO
Tuberculosis		
Has a family member or contact had tuberculosis disease?	NO	YES
Has a family member or contact had a positive TB skin test (PPD)?	NO	YES
Was your baby born in a high-risk country (countries other than the U.S., Canada, Australia, or Western Europe)?	NO	YES
Has your baby traveled to a high-risk country for more than a week?	NO	YES
Birth History		
Weight at birth?		
Full term?	YES	NO
Passed the hearing test at birth?	YES	NO
Received the Hepatitis B vaccine at birth?	YES	NO
Any problems in the nursery?	NO	YES
Was your baby breech?	NO	YES