

Tips for making the most out of your child's well-child exams:

- Bring your child's insurance card
- Bring a copy of your child's immunization record
- Bring a list of medications your child is taking
- Write down your questions and concerns before the appointment
- Bring another adult with you to help you remember what the doctor says
- Relax, ask questions, and take notes
- Follow-up on any advice that the doctor gives for your child
- If you can not make an appointment, call the doctor's office the day before the appointment to cancel
- Talk to your child about the exam, and answer any questions your child has

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If you need help finding a doctor or making an appointment for a well-child exam please call the Scott County Care for Kids Program

563-328-4114



Care for Kids
Scott County Health Department
600 W. 4th St.
Davenport, IA 52801

Phone: 563-328-4114
Fax: 563-326-8774
www.scottcountyiowa.com/health



Well-child exam



WHAT is a well-child exam?

A well-child exam is a visit to the doctor when a child is not sick. Well-child exams help keep kids healthy.

What happens at a well-child exam depends on the age of your child, and may include:

- Checking your child's height, weight, and head circumference to make sure that your child's growth is on track
- Checking your child's hearing and vision
- Talking about or receiving shots
- Looking at your child's teeth
- Lab tests, including blood lead testing
- Screenings to make sure your child is on track in all areas of child development
- Answering questions about your child's health



WHY are well-child exams important?



Well-child exams allow for your child to have regular check-ups, even if they are not sick. At these check-ups, the doctor is able to watch your child's health closely as they learn and grow. If the doctor sees a possible health or developmental problem, he or she is able to deal with the issue as soon as possible.



WHEN should your child have well-child exams?

Well-child exams are suggested at ages:

First two years

- 2-3 days
- 1 months
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

After two years

- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years
- 12 years
- 14 years
- 16 years
- 18 years

