

The Benefits of Well- Child Visits

A well-child visit, also called an annual check-up, is a preventative measure and a time for communication with your child's physician. Annual (yearly) checkups help to reduce the risks of potentially missing a diagnoses. The purpose of these visits is to screen for diseases, assess risk of future medical problems, encourage a healthy lifestyle, update vaccinations and maintain a familiar relationship with your child's doctor.

Prevention: Scheduled immunizations help reduce the risk of preventable illness. You can also discuss nutritional concerns, sleeping habits, and safety concerns such as using a properly sized car seat.

Tracking growth and development: You will discuss how your child has grown since the last visit as well as your child's developmental milestones.

Raising Concerns: This is the time to discuss topics of concern with your child's pediatrician.

Team Approach: Regular visits create trusting relationships between families and their pediatrician. This relationship supports the physical mental and social health of your child.

If you require assistance obtaining health insurance for your child, please logon to the following link: <https://www.benefits.gov/benefits/benefit-details/1315>

The Benefits of Routine Dental Care

The sooner children begin getting regular dental checkups, the healthier their mouths will stay throughout their lives. Early checkups help prevent cavities and tooth decay, which can lead to pain, trouble concentrating, missed school time, and other medical issues. Healthy teeth help children chew food more easily, speak clearly and smile with confidence.

The American Dental Association and the American Academy of Pediatrics recommend starting routine dental visits by age 1, or as soon as the first tooth appears.

Sources: healthychildren.org, The Center for Pediatric Dentistry