

These recommended guidelines are meant for the general population.  
Talk with your child's healthcare provider about what is right for your child.

# Wellness and prevention checklist for infants and children

- This checklist includes recommended guidelines for exams and tests your child may need. Take it to your child's healthcare provider visit.

Infants (0 to 11 months) and early childhood (1 to 4 years)*			
Recommended Guidelines	(no specific recommended guidelines for ages 10 and 11 months)	To Do	Date Done
<b>Body mass index (BMI)</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Starting at age 2, check 1 to 2 times a year</li> </ul>	<input type="checkbox"/>	
<b>Diet</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Breastfeeding alone for first 4 to 6 months</li> <li>■ Gradually add solid foods and continue to breastfeed until at least 1 year</li> <li>■ Discuss your child's diet at each check-up</li> </ul>	<input type="checkbox"/>	
<b>Ears</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check newborn's hearing before leaving hospital</li> <li>■ Check hearing for risk factors at every check-up</li> <li>■ Starting at age 4, test hearing every 1 to 2 years</li> </ul>	<input type="checkbox"/>	
<b>Eyes</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check newborn's eyes before leaving hospital</li> <li>■ Check vision for risk factors at every check-up</li> <li>■ Starting at age 3, check vision every year</li> </ul>	<input type="checkbox"/>	
<b>Physical exams</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check-up 3 to 5 days after birth, and by 1 month</li> <li>■ Check-up at ages 2, 4, 6, 9, 12, 15, 18, 24, and 30 months</li> <li>■ Starting at age 3 years, check-up every year</li> </ul>	<input type="checkbox"/>	
<b>Mouth/Teeth</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ From birth to age 12 months, gently wash gums with water and washcloth or baby toothbrush after feeding. Ask about fluoride</li> <li>■ From age 12 months to 2 years, brush child's teeth twice a day with water and baby toothbrush</li> <li>■ Starting at age 2, check-up by dentist at least every year. Sooner if at high risk for tooth decay</li> <li>■ Starting at age 2, help your child brush teeth with fluoride toothpaste twice a day</li> <li>■ Check with provider about flossing teeth as soon as 2 teeth touch each other</li> </ul>	<input type="checkbox"/>	
<b>Vaccinations</b> <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> <li>■ The Centers for Disease Control and Prevention recommends vaccinations for children, depending on age and risk of infection</li> <li>■ Vaccinations help protect against many vaccine-preventable diseases</li> <li>■ Talk to provider about the vaccines your child may need</li> </ul>	<input type="checkbox"/>	

\* Defined by the American Academy of Pediatrics.

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Middle childhood (5 to 10 years)*			
Recommended Guidelines		To Do	Date Done
<b>Body mass index (BMI) screening for obesity</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>Check once a year</li> </ul>	<input type="checkbox"/>	
<b>Ears</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>Check hearing every 1 to 2 years</li> </ul>	<input type="checkbox"/>	
<b>Eyes</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>Check vision every 1 to 2 years</li> </ul>	<input type="checkbox"/>	
<b>Physical exams</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>Check-up at least once a year</li> </ul>	<input type="checkbox"/>	
<b>Mouth/Teeth</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>Brush teeth twice a day with fluoride toothpaste</li> <li>Check with provider about flossing teeth</li> <li>Visit dentist at least once a year</li> </ul>	<input type="checkbox"/>	
<b>Vaccinations</b> <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> <li>The Centers for Disease Control and Prevention recommends vaccinations for children, depending on age and risk of infection</li> <li>Vaccinations help protect against many vaccine-preventable diseases</li> <li>Talk to provider about the vaccines your child may need</li> </ul>	<input type="checkbox"/>	

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Other child health and safety concerns			
Recommended Guidelines		To Do	Date Done
Recommendations from the American Academy of Pediatrics	<b>Allergies</b>	<ul style="list-style-type: none"> <li>Check with provider if you are concerned about food or other allergies</li> </ul>	<input type="checkbox"/>
	<b>Asthma</b>	<ul style="list-style-type: none"> <li>Check with provider if you are concerned about asthma</li> </ul>	<input type="checkbox"/>
	<b>Behavior concerns</b>	<ul style="list-style-type: none"> <li>Check with provider if you are concerned about your child's behavior</li> </ul>	<input type="checkbox"/>
	<b>Child safety</b>	To help keep your child safe, learn about <ul style="list-style-type: none"> <li>Bicycle safety</li> <li>Bullying</li> <li>Car safety</li> <li>Lead exposure</li> <li>Fire safety</li> <li>Poisoning</li> <li>Sexual abuse</li> <li>Sun safety</li> <li>Water safety</li> </ul>	<input type="checkbox"/>

**Regular visits with your child's healthcare provider are important. Be sure to ask any questions you may have at each visit.**