

Care for Babies, Toddlers & Children (Ages Birth to 10 years)

Type of Care	Babies (0-18 Months)	Toddlers/Children (2-10 years)
CHECK-UP		
Physical Exam	Your baby should have a physical exam at birth and at months 1, 2, 4, 6, 9, 12, 15, and 18	Your child should have a physical exam every year from ages 2 to 10 years
Check Development	To make sure your baby is learning well, their understanding and learning should be checked at birth and at months 1, 2, 4, 6, 9, 12, 15, and 18	Your child should get development checked every year from ages 2 to 10 years
Measure Growth	To make sure your baby is growing well, height and weight should be checked at birth and at months 1, 2, 4, 6, 9, 12, 15, and 18	The height and weight of your child should be checked every year from ages 2 to 10 years. Your child's Body Mass Index (BMI) should be calculated to assess their risk of obesity.
Head Circumference	To make sure your baby's head is growing well, it should be measured at birth and at months 1, 2, 4, 6, 9, 12, 15, and 18	Your toddler's head should be measured at age 2.
Blood Pressure	Not done at this age	To make sure your child's blood pressure is normal, blood pressure should be taken every year at ages 3 to 10 years.
Physical Sexual Development	Not done at this age	To make sure your child is growing well, an assessment of physical and sexual development should be completed every year from ages 5 to 10 years
Dental Exam	To make sure your baby's teeth are growing well, your child's PCP should check teeth during regular check-ups	To make sure your child's teeth are healthy, your child's PCP should check teeth at every check-up. Starting at age 3, your child should go to the dentist twice a year for check-up and cleaning.
TESTS/SCREENINGS		
Eye Test	Make sure your baby's eyes are checked at each physical exam. Eye tests will be given starting at age 3.	Your child should get eye tests at ages 3, 4, 5, 6, 8, 10, and 12
Hearing Test	Make sure your baby's ears are checked at each physical exam. Hearing tests will be given starting at age 3.	Your child should get hearing tests at ages 3, 4, 5, 6, 8, and 10
Hereditary/Metabolic Screening	To determine what health concerns you child may have inherited (if any) based on his/her parents' health, a hereditary screening should be performed at birth.	Not done at this time
Hematocrit (HCT) or Hemoglobin (HGB) Blood Test	To make sure your baby is healthy, an HCT or HGB test should be done at 9 months	A HCT or HGB test should be done at ages 2, 3, 4, 5, 6, 8, and 10
Tuberculosis Test	A tuberculin test should be done to make sure your baby doesn't have tuberculosis by age 12 months	A tuberculin test should be don't at ages 2, 4, 6, 8, and 10

Care for Babies, Toddlers & Children – continued

Type of Care	Babies (0-18 Months)	Toddlers/Children (2-10 years)
TESTS/SCREENINGS (continued)		
Lead Screening	To make sure your baby doesn't have high lead levels, a lead screening test should be done between 9-11 months. If not done then, test as soon as possible by either 1 year, 15 months, or 18 months	A lead screening test should be done between the ages of 2 and 6 if not done previously
Urinalysis	Not done at this time	To make sure your child is healthy, a urine test should be done at age 5
Sickle Cell Screening	If your family has a history of sickle cell disease or if your child has sickle cell symptoms, he or she should get a sickle cell disease test	
Sexually Transmitted Disease Screening	If your child's health history or symptoms suggest the need, your child should be screened for sexually transmitted diseases	
SHOTS		
Please see the age-appropriate immunization schedule available for downloading at www.netcarelifeandhealth.com/wellness		
TALK TO YOUR DOCTOR		
To make sure your child is staying safe and healthy, your doctor should discuss these topics with you at different times during childhood	<p>Injury prevention</p> <ul style="list-style-type: none"> ▪ Child safety car seats (ages 0-3) and child booster seats (ages 4-7) ▪ Sleep positioning ▪ Flame-retardant sleepwear ▪ Hot water heater temperature (less than 120 F) ▪ Window/stair guards, pool fence ▪ Safe storage of drugs, toxic substances, firearms, and matches ▪ Poison control phone number and syrup of Ipecac ▪ Protection from UV light ▪ Lap-shoulder belts for children ages 8 and older ▪ Safety helmets and sport safety equipment ▪ Smoke detector and carbon-monoxide detector ▪ Cardiopulmonary Resuscitation (CPR) training for parents/caretakers <p>Diet and Exercise</p> <ul style="list-style-type: none"> ▪ Breast-feeding ▪ Iron-enriched formulas and foods ▪ Limit fat and cholesterol ▪ Maintain caloric balance, emphasize grains, fruits, vegetables, and exercise ▪ Check Body Mass Index (BMI) for risk of obesity (Body Mass Index calculator and charts for children are available for downloading at www.netcarelifeandhealth.com/wellness) <p>Substance Use</p> <ul style="list-style-type: none"> ▪ Effects of passive smoking and anti-tobacco messages <p>Violence Prevention</p> <p>Dental Health</p> <ul style="list-style-type: none"> ▪ Advice about baby bottle tooth decay ▪ Gum and teeth care ▪ Regular visits to dental care provider beginning at age 3 years ▪ Floss, brush with fluoride toothpaste daily 	