



A health series to educate families on well-being issues with their children

A collaborative effort of Children's Hospital of Pittsburgh of UPMC and The Pennsylvania Child Welfare Resource Center



UPMC

What is a Well-Child Check?

What Is a Well-Child Check?

- A routine, check-up visit for a child may be called either
 - A Well-Child Check (WCC)
 - Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)
 - **EPSDT=**
 - **Early:** Identifying problems early
 - **Periodic:** Checking children's health at periodic intervals
 - **Screening:** Providing screening tests to detect potential problems
 - **Diagnostic:** Performing diagnostic tests to follow up when a risk is identified
 - **Treatment:** Controlling or correcting any problems that may be found



Why Are Well-Child Checks Recommended?

- It is important for children to be seen regularly by their doctor to make sure their growth and development is on track
- It is equally important for caretakers to be able to ask the doctor questions about child care, and for caretakers to be prepared for anticipated changes in the child's behavior
- Pediatricians are experts in children's health and behavior, and parents are experts in their children. It is important for both to work together to make sure that the child can be as healthy as possible.
- Well-Child Checks are about far more than just immunizations!





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When Are Well-Child Checks Recommended?

- For healthy children, Well-Child Checks are recommended at the following points in the child's life:
 - In the first week of life
 - 1 month
 - 2 months
 - 4 months
 - 6 months
 - 9 months
 - 12 months (1 year old)
 - 15 months
 - 18 months (1½ years old)
 - 24 months (2 years old)
 - 30 months (2½ years old)
 - 36 months (3 years old)
 - At 48 months (4 years old) and yearly thereafter
- If a child has a medical problem, the pediatrician will want to see the child more frequently

When Are Well-Child Checks Recommended?

- Measurements to determine if a child is growing appropriately:
 - Weight
 - Height
 - Head circumference (in children less than 3 years old)
 - It is important to recognize early when a child is not growing well. Some children do not grow well because they have a medical problem. Other children do not grow well because their caretaker does not know how to feed them. Early recognition can lead to early treatment.
 - Blood pressure (yearly starting when the child is 3 years old)
 - Bloodwork to check for anemia and lead levels (at ages 1 year old and 2 years old)





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What Is a Well-Child Check?

When Are Well-Child Checks Recommended? (cont.)

- Sensory evaluations to determine if a child can see and hear well:
 - Vision check
 - Hearing check
- Caretakers' concerns: Caretakers can ask the doctor questions, and find out what is normal, and what deserves more investigation
 - It is helpful for a caretaker to write down questions prior to the visit
 - There are no silly questions! Questions could be about development, behavior, growth, sleep, toilet training, etc.
- Development: The doctor evaluates whether the child is meeting his or her developmental milestones. The fact that a child is not meeting his developmental milestones can mean that he has an underlying medical problem and/or needs developmental therapies.
- Anticipatory guidance: Physicians will explain new behaviors that the child will soon develop so that caretakers can prepare their homes and prep other caretakers for the changes that are going to occur with their child
 - Knowing what to expect makes what is new feel more familiar and less scary
- Immunizations: Well-Child Checks allow children to receive important immunizations at the recommended times
 - The immunization schedule was created so that children are protected against serious diseases as early as possible
 - Children get boosters of shots so that their bodies have the best chance possible of being protected from serious diseases





What Is a Well-Child Check?

Well-Child Checks: A Summary:

- A Well-Child Check is a time for a doctor to catch problems before they turn into emergencies
- Check-ups are much more than just immunizations!
- Well-Child Checks are designed to promote and improve the health, education, and well-being of infants, children, adolescents, families, and communities

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Content Sources:

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<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

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