



MARTIN'S POINT HEALTH CARE

Name: _____

Pediatric Preventive Care Checklist

Keep this checklist for your own records.

Three easy steps to stay on track with your child's preventive care.

1	<p>Take this form to your child's next visit with their primary care provider (PCP) or pediatrician.</p>	2	<p>Ask IF and WHEN they might need each screening/exam.</p>	3	<p>Write down the date they received, or will receive, each needed item.</p>
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At your child's visit, talk with the doctor about:

- Your child's height, weight, body mass index (BMI) and growth percentile
- Reviewing your child's current diagnosed conditions and medications
- Reviewing your child's nutrition
- How much physical activity is right for your child
- When your child needs vision and hearing exams
- For teen girls, review when your child needs chlamydia screening

Well-Child Exams

(Six or more visits before turning 15 months old. Write the date each visit is scheduled.)

Vist 1 (0-15 months old) _____

Vist 2 (0-15 months old) _____

Vist 3 (0-15 months old) _____

Vist 4 (0-15 months old) _____

Vist 5 (0-15 months old) _____

Vist 6 (0-15 months old) _____

(Two or more visits between 15-30 months old)

Vist 1 (15-30 months old) _____

Vist 2 (15-30 months old) _____

Recommended Vaccine Schedule (Fill in the dates as your child receives these vaccines.)

Vaccinations	Birth	1 Mon.	2 Mos.	4 Mos.	6 Mos.	12 Mos.	15 Mos.	18 Mos.	24 Mos.	4-6 Years	11-12 Years	13-15 Years	16-18 Years
Tetanus, Diphtheria, Pertussis													
Inactivated Poliovirus													
Measles, Mumps, Rubella (MMR)													
Haemophilus Influenzae Type B (Hib)													
Hepatitis B													
Chickenpox (Varicella Zoster)													
Pneumococcal Conjugate													
Hepatitis A													
Rotavirus													
Influenza (Annually, 6 Mo. +)													
Meningococcal													
Human Papilloma Virus (HPV)													



Medication Tips

Talk to your child's doctor, nurse, or pharmacist to understand what each medication is treating and why it's being taken.

Here are some questions you might ask:

- What is the name of the medication?
- Why is my child taking it?
- When and how should it be taken?
- How long is my child supposed to take it?
- Should my child avoid anything (food, other medications)?
- What are the side effects?
- What happens if my child doesn't take it or if a dose is missed?

Here are some tips to help give your child medications correctly if your child takes several medications:

- **Use an alarm** on your smart phone or watch to remind you when to give your child their medication.
- **Use a daily planner** to schedule your child's "medication appointments."
- **Request refills of prescriptions before you run out** so your child doesn't miss any doses.