

Important milestones for your child's best health.

Three easy steps to stay on track.

1. Bring this
form to your
child's health
care visits.

2. Ask if/when
screenings and
exams should be
scheduled.

3. Record
when they
happen or
will happen.

At your child's visit, talk about:

- Height, weight, body mass index (BMI), and growth percentile
- Current diagnosed conditions and medications
- Reviewing nutrition
- How much physical activity is right
- When to schedule vision and hearing exams
- For teen girls, review when chlamydia screening is needed

Name:

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

Gray space indicates the time window your child should receive a vaccine. Record the dates received.

Vaccinations	Birth	1 Mo.	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)													



What to Do if Your Child Is Prescribed a Medication

Ask their provider/pharmacist:

- What is the name of the medication?
- Why is my child taking it?
- When and how should it be taken?
- How long should they take it?
- Should my child avoid anything (food, other medications)?
- What are the side effects?
- What if they miss a dose?

Use these reminder tips:

- **Set 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.