







When to Schedule Well-Child Visits from 0-5 Years

1st year	3-5 days	1 month	2 months	4 months	6 months	9 months	1 year
	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Check for jaundice Expect to discuss feeding, caring for your baby & safety tips for a newborn 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss caring for baby, family & you, health & recovery, feeding & growth, baby care & protection, home & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss caring for baby, family & you, work/school & childcare, bonding with baby, feeding, home & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss caring for baby, family & you, routines & bonding, dental care, feeding home & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss caring for baby, family & you, play & learning, brushing teeth, starting solids, home, outdoor & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth, preventative care Developmental Screening Expect to discuss playing & teaching, gentle discipline, new foods & routines, home & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss feeding, weaning, home, outdoor & car safety Schedule 1st dental visit by 1st birthday
2nd year	15 months	18 months	2 years	3rd year	2 ½ years	3 years	
	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Expect to discuss speech support, independence, and self-care, bedtime routines, tantrums & discipline, dental care, home & car safety 	<ul style="list-style-type: none"> Physical exam, monitoring growth, preventative care Developmental screening & screening for Autism Expect to discuss toilet training, speech support, screen limits, healthy eating & safety Schedule dentist visit 	<ul style="list-style-type: none"> Physical exam, monitoring growth and development, preventative care Screening for Autism Expect to discuss behavior, speech support, toilet training, home, outdoor & car safety Schedule dentist visit 		<ul style="list-style-type: none"> Physical exam, monitoring growth, preventative care Developmental Screening Expect to discuss routines, speech support, social skills, preschool prep, home, outdoor & car safety Schedule dentist visit 	<ul style="list-style-type: none"> Physical exam, growth and development monitoring, preventative care, hearing & vision Expect to discuss peer play, reading & talking, healthy eating & physical activity, home, outdoor & car safety Schedule dentist visit 	
4th year	4 years		5th year	5 years		Visit wellvisitplanner.org for more detailed information by age	
	<ul style="list-style-type: none"> Physical exam, growth and development monitoring, preventative care, hearing & vision Expect to discuss school readiness, healthy eating, active play, less TV, home, outdoor & car safety Schedule dentist visit 			<ul style="list-style-type: none"> Physical exam, growth and development monitoring, preventative care, hearing & vision Expect to discuss routines & identifying emotions, prep for school, healthy eating & activity Schedule dentist visit 			

Screening means using a brief, routine test to see how a child is doing. **Screening** help parents understand their child’s progress & can provide tips on ways to support development at each stage of development.

If you need help with any part of caring for your child aged 0-5, call or text our Family Services Coordinator, Alicia 530-334-0679
first5plumas.org