

Make Time for Well-Child Visits



CONTRA COSTA
HEALTH

Know When to Go

As a busy parent, you're juggling it all. It may feel tough to fit it all in. Here's something you don't want to skip: well-child visits. These medical appointments for infants, children, and teens are the time for vaccines, important health screenings, and a check of your child's development. Plus, they're a chance for you to ask questions and voice concerns.

The American Academy of Pediatrics suggests well-child visits for babies and young toddlers at 3 to 5 days old. Visits are then at months 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30. Starting at 3 years old, kids need one preventive-care visit every year through age 21.

Tips to Keeping and Making the Most of Well-Child Visits



Take advantage of **appointment reminders**—by phone, text, or email—offered by the doctor's office. **Schedule** well-child appointments at the same time each year. This can be before the start of school, to help you remember.



Talks with your child's provider at wellness visits are a great way to **build a relationship**. This can help improve your child's health. By speaking freely, you're adding more information to your child's health history and helping the provider better understand their wellness needs.



Understand the big wellness benefits.

Every well-child visit covers a wide range of health needs, depending on your child's age. These include:

- Vaccines.
- A physical exam.
- Checks of vision, hearing, cholesterol, and blood pressure at recommended ages, plus autism spectrum disorder screening.
- An assessment of your child's emotional health.
- Time for private conversations for teens. This may include issues like drinking, smoking, drugs, sexual activity, and depression.

Keep up with your rapidly growing child.

Kids' minds and bodies grow quickly. Well visits help you keep pace with what they need now. These appointments give you time to talk about topics like:

- Healthy eating.
- Sleeping.
- Physical activity.
- How your child's doing in school, at home, and in other activities.

Resources for Kids & Teens

We want your feedback.
Take our quick survey!



Here in Contra Costa County

If you have questions about your child's health, a vaccine, or a preventive test, you can call the Contra Costa Health Plan (CCHP) **Advice Nurse** at **877-661-6230** (TTY 711) to learn more. This is a toll-free number available to CCHP members 24 hours a day, 7 days a week, including holidays.

The following services are available in the county to help you manage your child's care.

Medi-Cal Dental



The Medi-Cal Dental program covers a lot of dental services, including check-ups, cleanings, and treatments.



Go to smilecalifornia.org, use the QR code, or call **800-322-6384** for dentists or more information.

Medi-Cal for Kids and Teens

Children, teens, and young adults (under age 21) **enrolled in Medi-Cal** qualify for free services and support to stay or get healthy. This includes:



- **Check-ups.**
- **Shots.**
- **Health screenings.**
- **Treatment for physical, mental, and dental health problems.**

Health Education

Contra Costa Health has resources to help you learn more about ways to protect your child's or teen's health.



Get access to health information, tips, classes, and more! Visit healthed.cchealth.org or scan the QR code.

California Poison Control

Keep your child and teen safe from chemicals and objects that can be harmful to their body and development. **For toll-free help from poison experts, call California Poison Control at 800-222-1222.**

Online Behavioral Health Services

Online behavioral (mental) health apps are available for children, teens, and families living in California.

- **BrightLife Kids** is made for parents or caregivers and kids from **0 to age 12**.
- **Soluna** is made for teens and young adults **ages 13 to 25**.

You can find it online at hellobrightline.com or solunaapp.com. Get it in the Apple App Store and Google Play.

