

Why Well-Child Visits Matter More Than You Might Think



CONTRA COSTA
HEALTH

Taking your baby to see a doctor is important when your little one is sick. But going to regular well-child visits can be just as important. These visits occur every few weeks or months for the first year and a half. Think of them as checkups for your child's growth and learning. The pediatrician will look at how your child is developing in several key areas:

- **Physical**
- **Emotional**
- **Social**

The goal is to make sure things are going as expected. You will have a chance to share any concerns you have.

What to expect

Well-child visits from birth to 15 months old include:

- **Measurements to see how much your child has grown since the last visit**
- **Physical exam to check your child's health from head to toe**
- **Screenings for hearing and vision problems, lead exposure, and more**
- **Vaccines to protect your child from several serious illnesses**

You and your child's pediatrician might also discuss:

- **Feeding your child**
- **Keeping your child safe at home and in the car**
- **Supporting your child's speech and learning**
- **Creating bedtime routines**

How You Can Help

You play a key role at well-child visits. Share information about what your child is doing at home. Go head—brag about the big milestones! Be open about any challenges that come up.

You may want to write down your top three to five questions before the visit. That way, you won't forget to ask them. Your child's pediatrician can be a great resource for helpful advice.

Older kids and teens

As your child grows older, well-child visits are spaced further apart. But they're still very important. One helpful part of the visits is called anticipatory guidance. This involves you, your child, and your child's pediatrician talking about key issues that may come up soon. The issues are geared to your child's age. Examples are bike helmets, time limits for electronic devices, and not smoking.

Your child's pediatrician will suggest tips and tools for dealing with these issues. Feel free to ask questions and talk about your concerns. This helps the pediatrician give the best advice for your family's needs.

Resources for Kids & Teens

We want your feedback. Take our quick survey: forms.office.com/g/XrJKpsRnKx



Here in Contra Costa County

To schedule an appointment at the Contra Costa Health Centers using any of the following options; call **800-495-8885**, 7 a.m. to 6 p.m. Monday - Friday. This is the central number for making appointments at our county health centers. For same-day or next-day appointments, it's best to call as early as possible. If it can wait, we recommend calling in the afternoon when hold times are much shorter. The appointment unit staff can also check if your child is due for a well child visit.

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.

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.



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:



bit.ly/4pC7Vnl

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

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 hellowbrightline.com or solunaapp.com. Get it in the Apple App Store and Google Play.