

**Parent  
Page  
February/  
March 2024**



[www.jeffcochildcare.org](http://www.jeffcochildcare.org)

**Nominate Your  
Child Care Provider  
For JCCCA  
Provider of The Month!  
E-Mail Nikki  
nikkisnngenerations@gmail.com**



Parents know who they should go to the doctor when their child is sick. But pediatrician visits are just as important for healthy children.

The *Bright Futures* American Academy of Pediatrics (AAP) developed a set of comprehensive health guidelines for well-child care, known as the "[periodicity schedule](#)." It is a schedule of screenings and assessments recommended at each well-child visit from infancy through adolescence (*click on the red text to open up a link with additional information*). Colorado child care licensing rules and regulations also require a health statement to be completed at each of these visits and retained by the child care program.

**Schedule of well-child visits**

- |   |                           |               |
|---|---------------------------|---------------|
| The first week visit (3 to 5 days old)    | 1 month old               | 2 months old  |
| 4 months old                              | 6 months old              | 9 months old  |
| 12 months old                             | 15 months old             | 18 months old |
| 2 years old (24 months)                   | 2 ½ years old (30 months) | 3 years old   |
| 4 years old                               | 5 years old               | 6 years old   |
| 7-21 years old - yearly visit recommended |                           |               |

**The benefits of well-child visits**

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.
- **Tracking growth & development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- **Raising any concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.
- **Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.