The Benefits of a Well Child Check

THE POWER OF AN HOUR

KANIKSU COMMUNITY HEALTH



kchnorthidaho.org

When it comes to your child's healthcare, prevention really packs a punch.

Don't fall behind on your child's routine care — a minor issue today could become a major problem tomorrow. In today's world, it's more important than ever to make sure your child regularly visits their pediatrician – not just when they are sick, but also when they are well. Well-child visits allow your pediatrician to examine your child holistically, assess their physical and emotional needs, support their growth and development, and intervene quickly if any issues arise.

FIVE REASONS A WELL CHILD CHECK IS IMPORTANT

- Track growth
- Monitor Development
- Child Health Education
- Preventive Care
- Establish a Team Approach

WHAT HAPPENS AT A WELL CHILD CHECK?

During an annual wellness visit, your child's pediatrician will:

- Determine if your child is meeting growth and developmental milestones for their age.
- Evaluate your child's vision and hearing for anything out of the ordinary – it's important to catch these issues early.
- Ask about sudden changes in your child's usual activities, mood and overall health.
- Assess your child's mental health, and ask questions about how they are coping with school, friends, family and any other outside influences.
- Provide immunizations for childhood diseases and common conditions that affect children or young adults, such as measles and HPV.
- Give sports physicals to children who want to want to participate in competitive sports at school or in the community.
- Get to know your child: their diet, sleeping patterns, nutrition, social interactions, behavior and stress levels
- Help your child establish healthy habits and provide tips for families to reinforce these at home.
- Provide age- and behavior-based counseling for teens on topics such as driver safety, depression and drug or alcohol use.
- Check in on how your family is doing and identify any supportive resources or advice related to navigating daily life.



WHY CHOOSE A PEDIATRICIAN TO CARE FOR YOUR CHILD

There is nothing more important than the health and wellbeing of our children. That's why it's best to trust their care to someone specially trained to meet their unique needs, such as:

- Helping you determine healthy lifestyles for your child and useful ways to role model your choices.
- Offering advice to prevent illness and injuries.
- Providing early and appropriate care of acute illness to prevent its progression.
- Treating life-threatening childhood conditions requiring intensive care.
- Guiding you in anticipating your child's needs from newborn to 21.

Have questions?

Call 208.262.2242
kchnorthidaho.org



Pediatrician comes with lots of experience
As part of their extensive training, pediatricians are experienced in the physical, emotional, and social development of children. Children may be too young or shy to talk so pediatricians understand the importance of listening carefully to your child, and to you. Pediatricians answer your questions, helping you to understand and promote your child's healthy development. Pediatricians also address issues affecting a child's family and home environment.

Pediatricians understand that children are not simply small adults.
They often present different symptoms from adults. They may need different prescriptions or treatments than adults. Pediatricians are specially trained to recognize the importance of these differences, especially with young children and newborns.

WHAT ARE THE RISKS FOR SKIPPING WELL CHILD VISITS?

If your child is healthy, it can be easy to let well visits fall by the wayside. While those annual checkups may seem like just another thing to fit into your family's hectic schedule, they play a crucial role in preventing future problems. Well visits are essential to ensure your child gets the required vaccinations to attend school, go to daycare and participate in sports. Visiting the pediatrician when your child is well also provides you with an opportunity to ask questions – and get expert answers – about your child's health, development and well-being. Delaying these visits can put your child at greater risk of illness or delay needed interventions. For example, many common developmental delays are discovered during routine checkups with pediatricians – early intervention makes a big difference in getting your child the support they need before something small turns into a bigger issue.

Well Child Checks are covered by most insurances

Annually
(after the age of 2)

Newborn to 17 years of age

WELL CHILD CHECKS MATTER AT ALL AGES

0 - 3 Years of Age

At this age, visits will focus on:

- Physical exam
- Behavioral assessment
- Vision & hearing assessments
- Healthy sleep habits
- Healthy eating habits
- Immunizations
- Milestones
- Dental care

4 - 12 Years of Age

At this age, visits will focus on:

- Physical exam
- Behavioral assessment
- Vision & hearing screening
- Healthy sleep habits
- Healthy eating habits
- Immunizations
- Milestones
- Dental care
- Guidance on healthy relationships
- Track growth
- Monitor development
- Establish a team approach

12 - 17 Years of Age

At this age, visits will focus on:

- Physical exam
- Puberty
- School & social issues
- Nutrition and exercise
- Stress
- Healthy sleep& eating habits
- Relationships
- Safety
- Tests and immunizations
- Recognizing signs of depression

Bonners Ferry
6615 Comanche Street
Bonners Ferry, ID 83805
(208) 267-1718

Priest River
6509 Hwy. 2
Priest River, ID 83856
(208) 448-2321

Sandpoint
810 6th Ave.
Sandpoint, ID 83864
(208) 263-7101

Sandpoint Behavioral Health
1033 Baldy Mountain Road.
Sandpoint, ID 83864
(208) 920-5151