

Parent's guide to your child's health

Your child is growing quickly! Here are some tips to help your child stay strong and healthy at every age.



Going to the doctor for well-child visits (Birth to teen)

As a parent, you are key to giving your child a healthy start.

Even if you think your child is healthy—it is important to take your child/teen to regular doctor visits. Your child's health is in your hands. Stay up to date on vaccines and catch health problems early, including asthma, allergies, diabetes, obesity and mental health issues.

What happens at a well-child visit?

Your doctor will talk to you about any concerns you have with your child/teen—for example poor sleeping and eating habits, rashes, frequent ear pain and crying, allergies, anxiety, lack of attention, etc. Missed problems only get bigger as your child gets older.

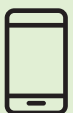
A head-to-toe physical exam is central to every visit. Other things checked include:

Eyes — is your child/teen seeing things clearly.

Ears — how is your child/teen hearing.

Weight — does your child/teen have a healthy weight.

Call your doctor's office to schedule a well-child appointment for your child today!



Need help finding a doctor, need transportation, or have questions?

Call Molina Member Services at **(888) 999-2404 (TTY:711)**, Monday-Friday 8 a.m.-5p.m. CST. For health questions, call our 24-hour Nurse Advice Line at **(888) 275-8750** (English) or **(866) 648-3537** (Español).

What to expect at every age

At every well-child visit, the doctor is looking to make sure your child is meeting certain growth milestones. Here's what you can expect at each well-child visit as your child grows:

Within 1 week	2 Months	4 Months
<ul style="list-style-type: none"> • Physical exam • Vaccines 	<ul style="list-style-type: none"> • Measure and weigh your baby • Check their eyes and ears • Check for any breathing problems or rashes • Move your baby's legs around to make sure hip joints are good • Ask how your baby is sleeping and eating • Discuss how you are doing • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Weight check • Ask if your baby is rolling over, smiling, and laughing • Share things you should look for your baby to do in the next months • Vaccines
6 Months	9 Months	
<ul style="list-style-type: none"> • Measure your baby's weight, height, and head circumference • Examine your baby's gums and look for signs of teeth • Check to see your baby's head control while sitting up • Ask you how frequently your baby is laughing and babbling • Discuss any food allergies that run in your family • Go over next steps in introducing your baby to solid foods • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Vaccines 	
12 Months	15 Months	
<ul style="list-style-type: none"> • Measure your baby's weight, height, and head circumference • Examine your baby's eyes and ears • Check to see if your baby has teeth • Ask if your baby is saying any words or trying to walk on their own • Discuss your baby's changing eating habits • Blood lead screening • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Vaccines 	

Lead poisoning

Lead poisoning happens when too much lead gets into the body. It can be found in the paint of old houses, dirt and dust near freeways, and some toys, jewelry, pots and candies. Even small amounts of lead in your child's body can cause serious health problems.

Get your child tested at age one.

The blood lead test is free!

Keep your appointments with your child's provider and ask for a blood lead test today! Lead poisoning is easier to treat when it is found early.



Flu vaccines

Flu vaccines (or shots) are very safe for children older than 6 months.

With it, there is less chance that your child will get sick and miss school or childcare. The flu shot can even be life-saving. If the flu gets too bad, children under 5 years old or with certain conditions could develop serious problems and have to go to the hospital. You can avoid this and protect your little one(s). Schedule a flu shot today!

18 Months	2 Years	3 Years
<ul style="list-style-type: none"> • Weigh and measure your toddler • Check your toddler's eyes and ears • Measure your child's head, a way to keep track of brain growth • Ask you what words your child is saying. Do they respond to things you say? • Discuss foods your child is eating 	<ul style="list-style-type: none"> • Physical exam • Vaccines • Ask your doctor about a lead test if your child has not already had one 	<ul style="list-style-type: none"> • Physical exam • Vaccines
4 Years	5 Years	6 Years
<ul style="list-style-type: none"> • Physical exam • Vision and hearing screening • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Vision and hearing screening • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Vision and hearing screening • Vaccines
7 Years	8 Years	
<ul style="list-style-type: none"> • Physical exam • Vaccines 	<ul style="list-style-type: none"> • Physical exam • Vaccines 	
Every Year from: 9-12 Years	Every Year from: 13-21 Years	
<ul style="list-style-type: none"> • Physical exams • Vaccines • Ask your doctor about the HPV vaccine 	<ul style="list-style-type: none"> • Physical exams • Vaccines • Ask your doctor about staying up to date on the flu vaccine 	

HPV vaccines

Did you know that there is a shot that helps stop SIX types of cancers affecting every gender?

The American Cancer Society suggests getting vaccinated against human papillomavirus (HPV) between ages 9-12. The second shot is given 6 to 12 months later, so it's easy to get at your child's next well-child visit after the first dose!

Why get the HPV vaccine?

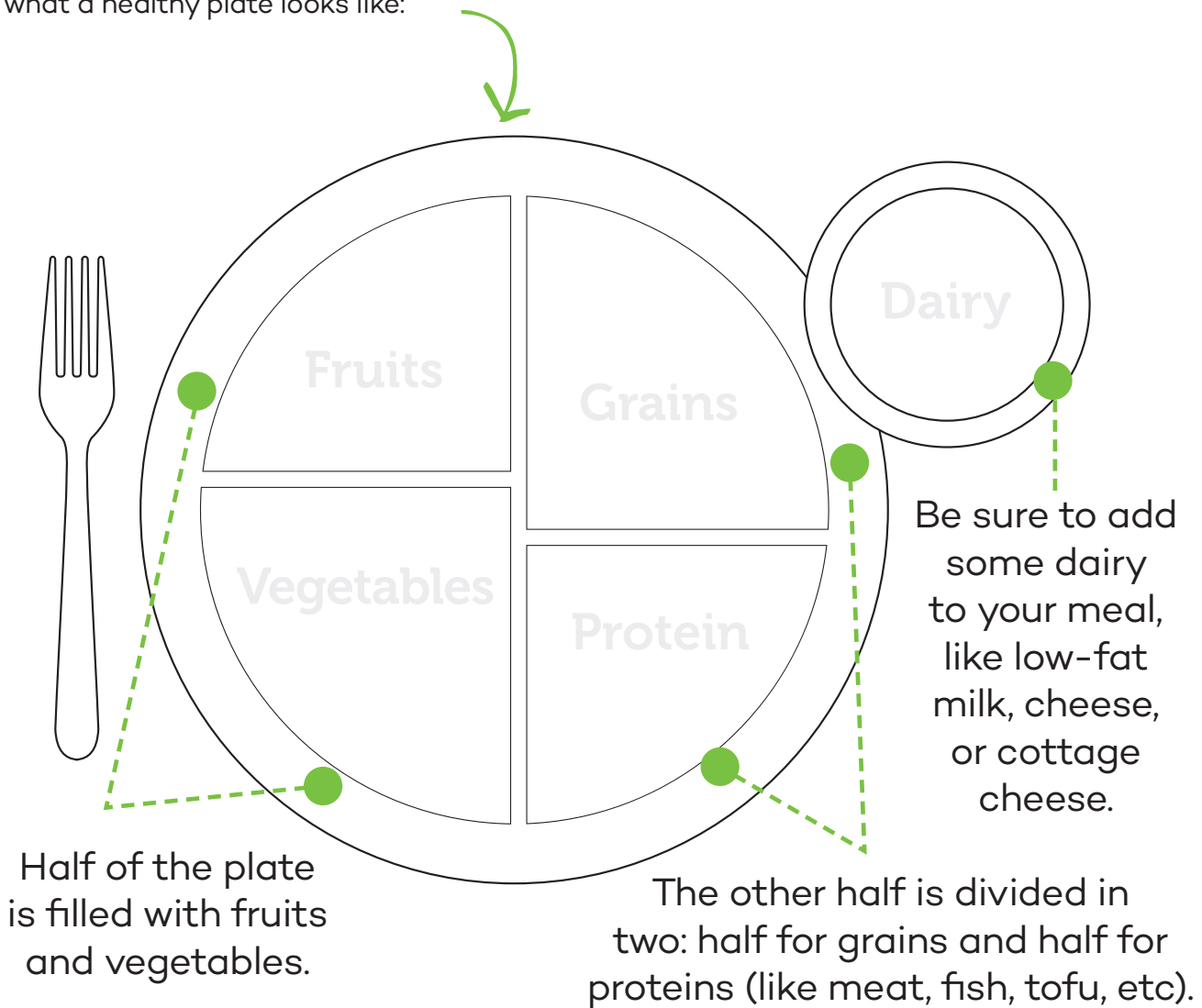
- Getting vaccinated early works best to prevent HPV cancer as an adult. Your child will get a strong immune response to HPV when given on time.
- HPV is so common that nearly every person will be infected with at least one type of HPV at least once in their lifetime, but the HPV vaccine could prevent over 90% of HPV cancers according to the American Cancer Society.

Be sure to ask your child's doctor about the HPV shot. Join parents who have decided to protect their child from HPV cancers with the HPV shot.



Choose healthy plates

When your child eats healthy meals, they feel better and have more energy to do the things they like. Here's what a healthy plate looks like:



Half of the plate is filled with fruits and vegetables.

The other half is divided in two: half for grains and half for proteins (like meat, fish, tofu, etc).

Be sure to add some dairy to your meal, like low-fat milk, cheese, or cottage cheese.

You have the right to get this information in a different format, such as audio, Braille or large font due to special needs or in your language at no additional cost. Interpreter services are provided free of charge to you. For help to translate or understand this, please call (888) 999-2404 (TTY: 711). **ATTENTION:** If you speak English, language assistance services are available to you free of charge. Call (888) 999-2404, (TTY: 711). **Español:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (888) 999-2404, (TTY: 711). **Hmoob:** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau (888) 999-2404, (TTY: 711). **繁體中文 注意:** 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (888) 999-2404, (TTY: 711). **Русский:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (888)-999-2404, (телетайп: 711). **ລາວ:** ໂປດຊາບ: ຖ້າ ຈຳ ຳ ທ່ານ ໃຊ້ ຈາພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ອັດຕາ ຈາພາສາ, ໂດຍບໍ່ເສັຽຄ່າ ຳ, ແມ່ນ ນິມພໍ້ ອມໃຫ້ ທ່ານ. ໂທ 1-800-665-3086 (TTY: 711). **Soomaali:** FIIRO GAAR AH: Haddii aad ku hadashid af Soomaali, adeegyada caawinta luuqada, oo bilaash ah, ayaa lagu heli karaa. Soo wac (888) 999-2404, TTY: 711. **Tiếng Việt:** **CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-999-2404 (TTY: 711). **မြန်မာ:** ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူ ဖြစ်ပါက သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-888-999-2404 (TTY: 711) တွင် ဖုန်းခေါ်ဆိုပါ။

العربية: ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل بالرقم (888) 999-2404، (رقم هاتف الصم والبكم: 711).