

Children's Preventive Health Guidelines	Birth	2 to 4 weeks	2 months	4 months	6 months	9 months	12 months	15 months	18 months	24 months	3 years	4 years	5 years	6 years	7 to 21 years
History	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Nutrition Screening	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Measurements															
<i>Height or Length and Weight</i>	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
<i>Head Circumference</i>	★	★	★	★	★	★	★	★	★	★					
<i>Body Mass Index (BMI)</i>										★	★	★	★	★	Every year
<i>Blood Pressure</i>											★	★	★	★	Every year
Sensory Screening															
<i>Vision Exam</i>	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
<i>Hearing Exam</i>	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Developmental & Behavioral Assessment					★		★			★	★	★	★		Every year
Physical Exam	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Dental Assessment	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Dental Referral										★					
Immunization Assessment	★	★	★	★	★	★	★	★	★	★	★	★	★	★	Every year
Procedures—General															
<i>Hematocrit or Hemoglobin</i>					★										At age 13
<i>Urinalysis</i>													★		At age 16
<i>Lead Screening</i>							★			★					
Procedures—Patients at Risk															
<i>Pelvic Exam or Pap Smear</i>	Within three years of first vaginal intercourse or no later than 21 years of age														
<i>Chlamydial Infection Screening</i>	Each year for all sexually active non-pregnant young women from 16 to 24 years of age														
<i>Sickle Cell Screening</i>	Indicated by family or medical history or in the presence of anemia														
<i>Tuberculin Testing</i>	Upon recognition of high risk factors														
<i>Parasite Testing</i>	When indicated by medical history, physical exam or a positive result of previous test														
Preventive Counseling and Anticipatory Guidance															
<i>Nutrition—2 years and younger</i>	Encourage mothers to breast-feed for 6-12 months if possible. Encourage use of iron-rich food, formula and cereal. Counsel parents about vitamin supplements.														
<i>Nutrition—2 years and older</i>	Counsel parents that children need a balanced diet that is low in fat and includes a variety of foods. Encourage parents and children to use sugar and salt only in moderation. Counsel parents and children about the importance of maintaining a healthy weight.														
<i>Injury and Violence Prevention</i>	See age appropriate counseling for injury prevention. Includes seat belt usage, bicycle helmet usage, installing smoke detectors, safe storage of firearms and monitoring hot water temperatures (<120 degrees) with infants.														
<i>Dental Health</i>	Brush with fluoride toothpaste, floss daily and visit a dentist regularly. Children 6 months to 12 years using well water should take a fluoride supplement.														
<i>Skin Cancer</i>	Avoid excess sun exposure, especially those at high risk (fair-hair, light skin, easy to burn, freckles). Use sunscreen when in the sun.														
<i>Parental Concerns</i>	Encourage parents to discuss any concerns regarding their child's health, safety and behavior.														
Immunization Schedules															
<i>Childhood</i>	http://www.cdc.gov/vaccines/recs/schedules/downloads/child/0-6yrs-schedule-pr.pdf														
<i>Adolescent</i>	http://www.cdc.gov/vaccines/recs/schedules/downloads/child/7-18yrs-schedule-pr.pdf														
<i>Catch-up for children 4 mo. to 18 yrs.</i>	http://www.cdc.gov/vaccines/recs/schedules/downloads/child/catchup-schedule-pr.pdf														