



Parent Tips for Well Visits

Well Visits help make sure your child is growing at the right pace. Take the time to talk with your doctor about any concerns and ask questions.



Well Visit exams include:



Routine Check-ups

- Overall health
- Dental, vision, hearing
- Mental health



Vaccines

Children may need different vaccines depending on their age.*



Counseling

Guidance on milestones and safety ensures a child thrives confidently.

*Visit www.cdc.gov/vaccines/schedules to see your recommended vaccine chart.

Major Milestones

There are many changes taking place in your child's life. Independence from family and gaining a sense of responsibility is part of their own growth.

Between ages 7-10, your child may:

- Have more confidence and independence.
- Take more time on their appearance, like clothing and hair.
- Learn more ways to describe their thoughts and feelings.

Between ages 11-21, your child may:

- Enjoy more time with family and friends.
- Be able to express themselves through speech, art, or other interests.
- More independent about body image, looks and clothes.

5 Positive Parent Tips

- 1 Be honest and direct with your child when talking about subjects such as drugs, drinking, smoking/vaping, and sex.
- 2 Help your child have healthy options while helping them make their own choices.
- 3 Respect your child's views and keep in mind their thoughts and feelings. It is vital that they know you are listening to them.
- 4 Show interest in your child's school and activities.
- 5 Respect your child's need for space.

Important Resources

HPSJ/MVHP Customer Service
1-888-936-7526, TTY 711



Learn more about Well Visits:
www.hpsj.com/well-visit

HealthReach 24/7 Nurse Advice Line
1-800-655-8294



Behavioral Health Services
1-888-581-7526
www.hpsj.com/bhs