



The Importance of Your Child's Medical and Dental Exams



The Importance of taking Your Child to the Doctor

Taking your child to the doctor is a very important part of keeping your child healthy. The American academy of pediatrics suggests a timeline of when to go for scheduled well child checks:

- 2 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)
- 3 years old
- 4 years old
- 5 years old

It is important to make sure to take your child to well child check appointments for a variety of reasons including:

1. It allows the parent to make sure that their child is healthy and is reaching milestones.
2. It allows the parent to make sure their child is up to date with vaccinations that help to keep their child safe from diseases.
3. It allows the parents to foster a relationship with the doctor.
4. It lets the parents ask any questions they might have about their child.

http://www.aapd.org/resources/frequently_asked_questions/#311 <https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

The Importance of



Dental Health!

- Children should be taken to the dentist around their 1st birthday for their very 1st check up!
- After the 1st visit, children should see the dentist every six months.
- A soft bristle brush can help keep a child's mouth healthy.
- Remember to only put a baby to bed with water in their bottle. That will keep their teeth healthy and free from decay!
- Baby teeth are important because they help children to speak clearly and chew their food.
- A tiny smear of toothpaste is enough until the child reaches age three-then a pea sized dollop works.
- Having a child eat a well-balanced diet keep teeth healthy.



Brush your teeth,
Keep them
★ Happy! ★