

## Please read this booklet

- It will help you understand what the doctor or nurse practitioner will be looking for when they examine your child.
- If you have questions or want more information about the results of your child's exam, ask!
- We also have other brochures on parenting, nutrition, smoking and your child's health, as well as referral information on other health resources.

### Health History

- A health history helps us customize your child's health needs.
- We may ask you questions about your child's diet, past illnesses, and if there are any health problems in your family.
- We will also ask if anyone smokes around the child.



### Growth and Development

- We will weigh and measure your child.
- This helps us see that your child is growing properly.
- Good nutrition and diet are very important to a growing child.
- We will look to see if your child has healthy skin and appearance.
- Your child's head may be measured to be sure the brain is growing right.
- At age 3 your child's blood pressure will be taken.
- High blood pressure can be controlled with help.

## Remember...

1. **Ask questions** if you don't understand something about the exam. You have the right to have a copy of the results and what it means. So ask!
2. Call your local community CHDP Administrative office if you did not receive a full range of CHDP services. They will help you get an appointment to complete your CHDP services.
3. **Find out when you should bring your child back for its next exam.**

**Los Angeles County Department  
of Public Health  
Child Health and Disability  
Prevention (CHDP) Program  
1-800-993-CHDP  
1-800-993-2437**



# Well Child Exam

**2 to 12 Years**



**CHDP**  
Child Health and Disability  
Prevention (CHDP) Program

## Vision



- Your child's vision will be checked to see how well its eyes can follow an object.
- Eyes will be checked for proper response to light.
- Regular eye exams can help find vision problems.
- Vision problems make it harder for your child to learn.
- Problems caught early can usually be fixed.

## Hearing

- Your child's ears will be checked for infections and hearing loss.
- Ear infections are common in children and are easy to cure.
- Long lasting infections can lead to hearing loss which can delay your child's ability to learn.

## Dental

- Your child's mouth will be checked for healthy tonsils, teeth and gums.
- Nearly 1 out of 7 children over the age of 5 have serious dental problems.
- Dental screenings by your doctor can find these problems.
- Twice yearly checkups with a dentist can reduce cavities and gum disease.
- Take your child for their first annual dental check-up at age 1.



## Physical Exam



- We will listen to the child's heart and lungs with a stethoscope.
- This checks how fast the heart beats and how it sounds.
- We also examine the lungs for infections.
- Lung infections are common and easy to treat.
- In the stomach area we will feel the liver, kidneys, stomach and bowels to inspect for normal size and tenderness.
- We will also look for hernias (bulges of soft skin in the groin area or near the belly button).
- The genitals will be checked for infections and undescended testicles in boys.
- A urine sample may be taken to screen for urinary tract infection, and if positive is easily treatable.
- We will check how your child's muscles and nerves work - one way is by tapping their knee to watch for a jerk.
- The doctor might ask questions about your child's school work and behavior.

## Anemia

- A simple blood test will show you if your child is anemic (low iron in the blood).
- Anemia in children can lead to poor growth, less energy and being sick a lot.
- If your child is anemic, extra iron may be suggested and we will give you information on iron-rich foods.

## Immunizations

- Your child's first shots are given at the first visit to the doctor.
- These shots are given in doses over several years.
- If your child missed a shot in the past, it will be given now to bring them up to date.
- Shots are required for school admission.
- Keep all shot records and bring them with you when your child enters school.

### Tuberculosis (TB) Skin Test

- Your child may need a Tuberculosis (TB) Skin Test.
- Harmless materials will be put under the skin of the forearm.
- This area will be checked a few days later.
- If there is no reaction, your child does not have TB. If there is a reaction, it means your child has TB.
- Further tests will show if your child needs treatment.
- Today TB is easily cured with medicine.
- Recent immigrants are at a higher risk of having TB.



## Diabetes

- A finger stick or urine sample can show if your child has diabetes (high sugar in blood).
- Untreated diabetes can lead to vision problems and can be life-threatening.
- Watch for weight loss, thirst, many bathroom visits, itchy skin, while feeling tired and weak.