Well Child Exam
2 to 12 Years

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

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.

**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.

**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.

**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.