

# Healthy & Ready

A **guide** to preventive care

## What is a Well-Child Check Up?

- ✓ A visit to your child's nurse or doctor when your child is not sick
- ✓ A way to track your child's growth and development
- ✓ Required shots are given to your child to stay healthy
- ✓ An opportunity to ask the doctor questions you have about your child's health



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## What happens at a Well-Child Check Up?

- Height and weight measurement
- Developmental screening – answer questions about child's development and behavior concerning potty training, tantrums, talking, reading, interacting with other children, and sleep.
- Vision screening
- Hearing screening
- Blood pressure
- Nutritional assessment
- Immunizations

## How often does my child need a Well-Child Check Up?

Parents should take their child to the doctor for a Well-Child visit at the **following ages**:

- 2 weeks
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 18 months
- 2 - 20 years recommended each year

## How do I know if my child needs a Well-Child Check Up?

You can call your Medicaid Health Check Coordinator at 919-613-6717 (English) 919-613-4335 (Spanish), your child's doctor's office, or your current health insurance provider for assistance in scheduling an appointment.



## Immunizations for Children

Immunizations (vaccinations, shots) help protect your child from very serious diseases. Many of these diseases are rare, but the risk is still present. It is important that your child gets the required shots at the right time to protect them from these very serious diseases. Please ask your child's doctor about the schedule for your child. Up to date immunizations are **required for entry into kindergarten.**



### Most common vaccinations include:

#### **Required:**

- Hib
- DTaP
- Hepatitis B
- Polio
- MMR
- Chickenpox

#### **Recommended:**

- Rotavirus
- Pneumococcal
- Influenza

# Durham Health Resources

## Durham Social Services

300 North Duke Street  
Durham NC 27701  
919-560-8000

Medicaid, Job Search Assistance, Food and Nutrition Services, Subsidized Child Care, Crisis Services

## Durham County Health Department

414 East Main Street  
Durham NC 27701  
919-560-7600

Maternal Care, WIC Program, Immunizations, Dental Clinic, Health and Nutrition Education

## Lincoln Community Health Center

1301 Fayetteville St.  
Durham, NC 27717  
919-956-4000

Prenatal, Pediatrics, and Dental Care, Pharmacy, WIC Program, Breastfeeding Support

## Welcome Baby

721 Foster Street  
Durham, NC 27701  
919-560-7150

Parent Education and Support, Community Resources, Giving Closet, Car Seat Program

## El Centro Hispano

201 West Main Street,  
Suite 100  
Durham NC 27701  
919- 687-4635

Adult Education, Parenting Support, Youth Support, Health Education and Support Services

## LATCH (Local Access to Coordinated Healthcare)

LATCH Care Management Staff: 919-620-8034

Health Information and Education, Health Insurance Assistance, Crisis Support and Counseling, Health Services Coordination, Interpretation and Translation Services

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