

# HEALTH JOURNEY FOR PARENTS OF CHILDREN AND TEENS

**HEALTHY KIDS, HEALTHY FUTURES:  
2 TO 18 YEARS OLD.**



As a parent, you want the best for your children.  
You work hard to give them everything they need.

**THEIR HEALTH IS ONE OF THE MOST IMPORTANT GIFTS YOU CAN PROTECT.**

Checkups aren't just for when your child is sick, they're how doctors make sure your child is growing strong, hitting milestones, and staying healthy for the future. This roadmap guides you from two years old.

**Use it every year to stay on track.**

***START TODAY, NOT MAÑANA.***

“ ”

**“I THOUGHT ONLY SICK KIDS NEEDED TO SEE THE DOCTOR.  
Now I know these checkups are how we keep them healthy and catch  
things early. Now I never miss one.”**

*Sofía, San Antonio local and mother of three.*

**1**

## **TAKE YOUR FIRST STEPS**

- Schedule your child or teen's next checkup.
- Find a doctor you and your child feel comfortable with.
- Bring your questions to the visit.

**2**

## **NO INSURANCE?**

Check out Medicaid or CHIP (The Children's Health Insurance Program) for free or low-cost coverage.

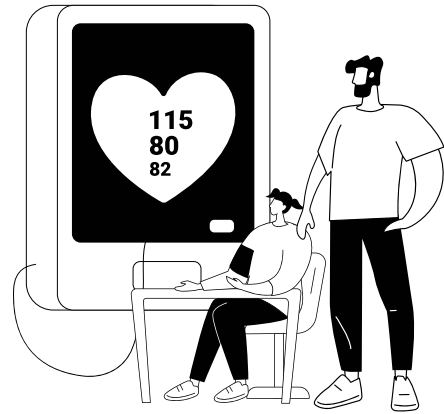
**Wellness  
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3

## ***THE BASICS***

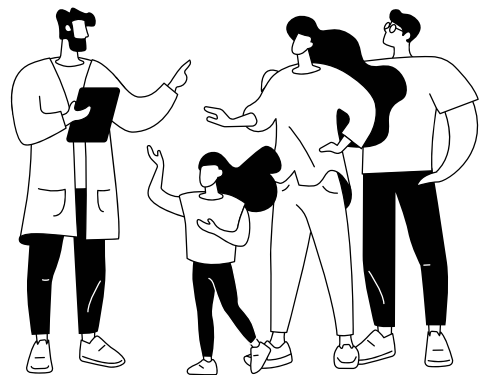
- Check-ups and screenings
- Vaccines
- Mental health
- Lifestyle



4

## ***CHECK-UPS & SCREENINGS***

Visit a health provider once a year,  
plus dentist twice a year.





## 5 **VACCINES**

- Your child still needs vaccines to keep them healthy.
- The Human Papillomavirus vaccine (HPV) can help protect your child from certain cancers.
- Your health provider will explain all the vaccines needed.



## 6 **YOUR WHOLE MENTAL HEALTH**

- Your child's emotional health is as important as their physical health.
- If they seem sad, worried, withdrawn, have trouble sleeping or eating, or talk about hurting themselves, contact your health provider.
- Early support can make a big difference.



## 7 **GROWING WELL**

- Encourage your child to stay active, explore hobbies, and build friendships.
- Limit screen time and reinforce that good sleep is essential.

### **VACCINES:**

#### **AGES 4-6**

- Diphtheria, Tetanus and Pertussis (DTaP) Booster
- Measles, mumps and rubella (MMR) Booster
- Polio (IPV) Booster
- Varicella (Chickenpox) Booster

#### **AGES 11-12**

- HPV (protects against cancer later in life)
- Meningococcal ACWY
- Tdap (Tetanus, diphtheria and acellular pertussis) Booster

#### **AGES 13-18**

- HPV (if not done at 11-12)
- Meningococcal ACWY Booster at age 16

#### **YEARLY**

- Flu shot
- COVID vaccine

# KIDS: AGE 2-9



## AT EVERY VISIT:

Height, weight, and development



Lead exposure risk screening (until age of 6)



Blood pressure, starting at age 3



Vision and hearing tests



Tuberculosis (TB) risk screening every year



# KIDS: AGE 9-10

## NEW CONVERSATIONS:



Cholesterol screening (especially if there's family history)



Sleep, how much they need



Nutrition and healthy eating habits



Safety helmets, seatbelts, stranger danger, internet safety



Physical activity, kids need to move and play



Body changes (puberty talk starts here)



School performance and learning



# PRE-TEENS & TEENS: AGE 11-18



## NEW CONVERSATIONS:

- |   |  |   |  |
|---|--|---|--|
| Teens may want to talk to their provider about sensitive topics |  | Safety: dating violence, bullying, suicide risk             |  |
| College/career planning and stress management                   |  | Puberty and body changes                                    |  |
| Driving safety  |  | Healthy relationships and boundaries                        |  |
| Sports physicals for school activities                          |  | Birth control and pregnancy prevention (if sexually active) |  |
| Acne treatment  |  | Social media and mental health                              |  |

## SCREENINGS:

- Depression screening starting at age 12
- Substance use screening and counseling (alcohol, drugs, vaping)
- STD and sexual health counseling
- Eating disorders screening



## REMEMBER



**THESE CHECKUPS**  
are how you  
protect your  
child's future.



**YOU'RE NOT BOTHERING**  
the health provider  
with questions,  
that's what they're  
there for.



**YOUR CHILDREN ARE  
WATCHING**  
how you prioritize  
health. When you  
take them to  
checkups, you're  
teaching them that  
their health matters.



**YOU'RE DOING  
A GOOD JOB.**  
Showing up for  
these appointments  
means you're  
showing up for  
your kids.

## TAKE YOUR FIRST STEP

1

**Schedule**  
your child's  
next  
checkup

2

**Find a doctor**  
your child  
feels  
comfortable  
with

3

**Write down**  
questions  
before  
the visit

4

**Update**  
vaccine  
records

5

**Need help  
finding care?**



**Wellness  
Cultura.org**

**THEY DEPEND ON YOU. WE ARE HERE TO SUPPORT!**



# MY CHILD'S HEALTH CHECKLIST

Child's Name

Age:

\_\_\_\_\_

**AT EVERY VISIT:**

- Development/milestone check
- Height, weight check, blood pressure
- Mental health check (anxiety/depression)
- Safety talk
- TB risk screening
- Vision and hearing

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**BASE ON AGE:**

- Blood pressure (age 3+)
- Cholesterol (age 9-10+ if at risk)
- Sexual health talk (teens)
- STD testing (if sexually active)

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**VACCINES:**

- COVID-19 (yearly as recommended)
- Diptheria, Tetanus and Pertussis (DTaP) (booster between 4-6 years)
- Flu (yearly)
- Measles, mumps and rubella (MMR) (booster between 4-8 years)
- Polio vaccine (IPV) (booster between 4-6 years)
- Varicella (Chickenpox) (booster between 4-6 years)
- HPV vaccine (at age 11)
- Meningococcal ACWY (at age 11) (booster given at age 16)
- Tdap (Tetanus, diptheria and acellular pertussis) Booster (between 11-12 years)



This campaign was made possible by Bexar County.

