



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.

For resources visit:



3

THE BASICS

- Check-ups and screenings that protect your child
- Annual visits with your health providers are important to keep your child healthy and well as they grow.

4

CHECK-UPS & SCREENINGS

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

7



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

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- If they seem sad, worried, withdrawn, have trouble sleeping or eating, or talk about hurting themselves, contact your health provider.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.

5



- 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.

KIDS: AGES 2-8

AT EVERY VISIT:

- Height, weight, and development
- Blood pressure, starting at age 3
- Lead exposure risk screening (until age of 6)
- Vision and hearing tests
- Tuberculosis (TB) risk screening every year

NEW CONVERSATIONS:

- Cholesterol screening (especially if there's family history)
- Nutrition and healthy eating habits
- Physical activity, kids need to move and play
- School performance and learning
- Sleep, how much they need
- Safety helmets, seatbelts, stranger danger, internet safety
- Body changes (puberty talk starts here)

KIDS AGES 9-10

PRE-TEENS & TEENS: AGES 11-18

NEW CONVERSATIONS:

- Safety: dating violence, bullying, suicide risk
- Puberty and body changes
- Healthy relationships and boundaries
- Birth control and pregnancy prevention (if sexually active)
- Social media and mental health
- Teens may want to talk to their provider about sensitive topics
- College/career planning and stress management
- Depression screening starting at age 12

SCREENINGS:

- Acne treatment
- Sports physicals for school activities
- Driving safety
- Eating disorders screening
- STD and sexual health counseling
- Substance use screening and counseling (alcohol, drugs, vaping)

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

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? Visit: [WellnessCultura.org](https://www.wellnesscultura.org)

THEY DEPEND ON YOU. WE ARE HERE TO SUPPORT!

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

BASED ON AGE:

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

VACCINES DUE:

- ☐ COVID-19 (yearly as recommended)
- ☐ Diphtheria, 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, diphtheria and acellular pertussis) Booster (between 11-12 years)

MY CHILD'S HEALTH CHECKLIST

This campaign was made possible by Bexar County.

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50 YEARS**BEXAR COUNTY**
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