



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:

WellnessCultura.org



HEALTH JOURNEY FOR PARENTS OF CHILDREN AND TEENS

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

"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.

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.**



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

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6



YOUR WHOLE MENTAL HEALTH

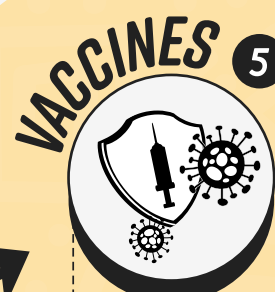
- Your child's emotional health is as important as their physical health.
- If they seem sad, worried, withdrawn, have trouble sleeping or eating, or talk about hurting themselves, contact your health provider.
- Early support can make a big difference.



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



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



- 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**



CHILDREN

TEENS

WOMEN

MEN

OLDER ADULTS

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

Driving safety

Sports physicals for school activities

Acne treatment



SCREENINGS:

Eating disorders screening

STD and sexual health counseling

Substance use screening and counseling (alcohol, drugs, vaping)

Depression screening starting at age 12

HEALTH CONFIANZA

Health Begins with Confianza

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!

CUT HERE — BRING TO YOUR APPOINTMENT

MY CHILD'S HEALTH CHECKLIST

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)

eliminating racism
empowering women
ywca
san antonio



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BEXAR COUNTY TX

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prosperemos juntos • thriving together



This campaign was made possible by Bexar County.