



Well-Child Visits and Immunizations Ages 0–21

Well-child visits are a time when parents can check on their child’s health and make sure they’re growing and developing normally. Well-child visits typically start a few days after a child is born and continue until they turn 21. During a well-child visit, the doctor will:

- Perform a physical exam.
- Give the child any necessary shots, such as vaccinations.
- Track how your child is growing and ask about their development and behavior.
- Talk about illness prevention, nutrition and physical fitness, and health and safety issues.
- Talk about how to handle emergencies and sudden illness.

Your child’s doctor will review your child’s growth and development at each well-child visit. This includes measuring your child’s height, weight, and milestones such as:

- At six months old, the child should respond to their own name, roll over, and have good hand-eye coordination.
- At one year old, the child should be able to take a few steps and say simple words, such as “da-da” or “ma-ma.”
- At two years old, the child should be able to say two- to four-word phrases, begin to run, and start to show signs of being ready for potty training.
- At four years old, the child should be social with other children, copy some letters and numbers, and have good language skills.

Recommended Ages for Well-Child Visits:

Age	Total Number of Visits
Between birth and 12 months:	Six well-child visits
Two weeks	1
Two months	1
Four months	1
Six months	1
Nine months	1
12 months	1
Between 15 months and 30 months:	Two or more well-child visits
15 months	1
18 months	1
Two years	1
2.5 years	1
Between three years and 21 years:	At least one comprehensive well-child visit per year
After age three, a well-child visit should take place every year and should include a physical exam as well as a growth, developmental, behavioral, and learning assessment.	

Why Are Immunizations Important?

Immunizations help protect us and those around us from preventable diseases like tetanus, HPV, polio, measles, meningitis, and whooping cough. They work by helping our bodies create immunity — the body’s way of preventing disease. Immunizations trigger your child’s immune system to produce antibodies and develop immunity without getting sick.

Childhood vaccinations are important because young immune systems are more vulnerable to diseases and illnesses. If your child is exposed to a disease like measles, for example, their immune system may not be strong enough to fight it off. And now that travel is easier and more common than ever, there’s an increased risk of exposure to diseases that are more prevalent in other areas.



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Recommended Ages for Immunizations:

Age	Hep B	Rotavirus	*DTaP	*HiB	*IPV	PCV	Influenza	MMR/Varicella	Hep A	Flu	School Shots	†HPV	‡TDaP	Meningococcal
Birth (in the hospital)	x													
2 Months	x 2/3	x 1/3	x 1/4	x 1/4	x 1/3	x 1/4								
4 Months		x 2/3	x 2/4	x 2/4	x 2/3	x 2/4								
6 Months	x 3/3	x 3/3	x 3/4	x 3/4	x 3/3	x 3/4	x							
12 Months			x 4/4	x 4/4		x 4/4		x	x					
15 Months										x				
3 Years										x				
4 Years								x		x	x			
5 Years										x	x			
8 Years										x				
9 Years										x		x		
10 Years										x			x	
11 Years										x				x
12–15 Years										x				
16 Years										x				x
17–20 Years										x				

*These shots are given as a combination so that the patient gets fewer shots per visit, but the same level of protection against illnesses.

†HPV vaccines must be administered six months apart.

‡TDaP is a middle school immunization requirement.