

# Preventive Care/Well-Child Check Cheat Sheet

Age	Key Development Milestones	Screening*	Vaccines <sup>+</sup>
<b>Newborn</b>	S: Periods of wakefulness, consolable V: Communicates through crying G: Newborn reflexes present F: Hands are in fist	Hearing, Congenital Heart Disease, Newborn State Specific Screens, Bilirubin	Hepatitis B, if not already given
<b>2 Months</b>	S: Smiles responsively V: Cooing G: Starts to lift head F: Opens and shuts hands	Maternal Depression, Hearing	Hepatitis B (if not already given), Rotavirus, DTaP, Hib, PCV13, IPV
<b>4 months</b>	S: Laughs, looks for caregiver V: Turns to voice, cooing G: Supports on elbow when on stomach, rolls from stomach to back F: Hands un-fisted, plays w/ fingers midline	Maternal Depression	Rotavirus, DTaP, Hib, PCV13, IPV
<b>6 months</b>	S: Looks when name is called V: Babbles, "ga" "ma" "ba" G: Rolls from back to stomach, sits without support F: Rakes small objects with 4 fingers	Maternal Depression, Oral Health (including fluoride varnish), TB risk assessment	Hepatitis B, Rotavirus, DTaP, Hib, PCV13, IPV Influenza
<b>9 months</b>	S: Uses basic gestures, looks for dropped objects V: "Dada" "Mama" non-specifically G: Pulls to stand, crawls F: Picks up objects with 3 fingers and thumb	Developmental screening, Oral Health	Influenza
<b>1 year old</b>	S: Looks for hidden things, imitates V: 1-2 words, follows direction G: First steps, stands without support F: 2 finger pincer grasp	Lead, Anemia, TB risk assessment, Oral Health	MMR, Varicella, Hepatitis A, PCV13
<b>15 months</b>	S: Imitates scribbling, points for help V: 3 words other than names G: Squats to pick up object, walks F: Drops object in and out of container	Oral Health	DTaP, Hib, PCV13 (if not already given at 1 year)

S: Social, V: Verbal, G: Gross Motor, F: Fine Motor

Age	Key Development Milestones	Screening*	Vaccines <sup>+</sup>
<b>18 months</b>	S: Undresses, scoops with spoon V: 2 body parts, 5 objects G: Walks up steps with assistance F: Scribbles, throws ball	Developmental screening, Autism Screen, Oral Health	Hepatitis A
<b>2 year old</b>	S: Parallel Play V: 50 words, two word phrases, 50% understandable G: Kicks a ball, jumps up, climbs ladder F: Stacks, draws lines	Autism Screen, Lead, Oral Health, Risk assessments for TB, anemia, and dyslipidemias	Influenza
<b>3 year old</b>	S: Toilet trained, imaginative play V: 3 word sentences, 75% understandable G: Uses/peddles tricycle, climbs, jumps forward F: Draws single circle	Vision, BP, Oral Health	Influenza
<b>4 year old</b>	S: Brushes teeth, undresses independently V: 4 word sentences, 100% understandable G: Skips on 1 foot, climbs stairs independently with alternating feet F: Draws person, cross, copies square, grasps pencil with thumb and finger	Hearing, Vision, BP, Oral Health, Risk assessments for TB, anemia, lead, and dyslipidemias	DTap, IPV, MMR, Varicella, Influenza
<b>5 year old</b>	S: Follows simple directions V: Good articulation, can count to 10, name colors G: Balances on one foot, hops, skips F: Able to copy triangles, prints name	BP, Vision, Hearing, Oral Health, Risk assessments for anemia, TB, and lead	Influenza
<b>11 year old</b>	Caring and supportive relationships with family, peers, and adults Optimizes wellness Exhibits resiliency in the face of stress Exhibits compassion and moral competency	BP, Dyslipidemia (once between 9-11 yo), Hearing, Risk assessment for tobacco, alcohol, and drug use	Tdap, MCV4, HPV, Influenza
<b>16 year old</b>	Similar to 11 yo visit	BP, Depression (yearly beginning at 12 yo), Dyslipidemia (once between 17-21 yo), Hearing, HIV (once between 15-18 yo), Risk assessment for STDs, Risk assessment for tobacco, alcohol, and drug use	MCV4, Influenza

S: Social, V: Verbal, G: Gross Motor, F: Fine Motor

\* See [AAP/Bright Futures Periodicity schedule](#) for more detailed screening and risk assessment recommendations.

† See [CDC vaccination schedule](#) for more detailed information.

**Contraindications to vaccines:**

- Live vaccines in the severely immunocompromised and pregnant population
- Anyone who has had a prior anaphylactic reaction to a vaccine

**References:**

- *American Academy of Pediatrics, Bright Futures 4th Edition, Guidelines for Health Supervision of Infants, Children and Adolescents*
- *CDC vaccination schedules: <https://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html>*