

Preventive Care/Well-Child Check Cheat Sheet

Age	Key Development Milestones	Screening*	Vaccines ⁺
Newborn	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
2 Months	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
4 months	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
6 months	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
9 months	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
1 year old	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
15 months	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+
18 months	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
2 year old	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
3 year old	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
4 year old	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
5 year old	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
11 year old	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
16 year old	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>*