



STAY ON TRACK WITH REGULAR VISITS

Our preventive health care schedule is designed to support your parenting journey from prenatal to adolescence. Starting with a visit before the baby arrives, and continuing with key developmental milestones throughout infancy and childhood, Camarena Kids is here for you every step of the way.

Important Check-Up Dates:

- First Week (3–5 Days)
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2 1/2 years
- 3 years
- 4 years
- Each year after that until age 21

For concerns or questions about your child's health, don't hesitate to reach out.

Camarena Health Pediatrics
(559) 664-4000

Camarena Kids
441 E. Yosemite Ave. Madera, CA 93638

Schedule your next well-child visit today.
camarenahealth.org/first-steps



Camarena
KIDS

BY CAMARENA HEALTH

CHARTING HEALTHY GROWTH



WELL-CHILD VISITS

A FOUNDATION FOR LIFELONG HEALTH

Well-child visits are key touchpoints in monitoring and supporting your child's growth and development. These visits are vital opportunities to catch potential concerns early, and to ensure that your child is thriving at each stage of their young life.

During these visits, your healthcare provider will check your child's growth and development in order to find or prevent problems. Your provider will record your child's height, weight, and other important information. Hearing, vision, and other screening tests also will be part of some visits, as well as immunizations.



COMPREHENSIVE CARE AT EVERY STAGE

The most important components of a preventive well-child visit include the following:

- ✓ **Developmental Assessments:** Tracking growth, behavior, and learning
- ✓ **Health Checks:** Regular measurements and screenings, including vision and hearing
- ✓ **Immunizations:** Keeping up to date with vaccinations to prevent illness
- ✓ **Anticipatory Guidance:** Discussing sleep, safety, nutrition, and what to expect as your child grows

PARTNERS IN PREVENTION

Come prepared with questions to maximize each visit. Your insights and observations are invaluable in painting a full picture of your child's health. Understanding your child's BMI and developmental milestones is crucial, and we're here to discuss any aspect of wellness, from family dynamics to school and community resources.