

Well Checks/Sports Physicals

As the summer begins to wind down and the back-to-school season approaches, parents have a long list of tasks to complete in preparation for the return to the classroom. Amongst shopping for school supplies and organizing schedules, one crucial item often gets overlooked—the annual well check for children. Annual physical exams are vital to maintaining your child's health and development. Well checks provide comprehensive insight into both the physical and emotional facets of your child's growth and development.

Here are some of the most common questions and answers asked about these exams to help you and your child prepare for their next well visit with your pediatrician at Littleton Pediatric Medical Center.

What is a well-child checkup?

Some people may refer to the visit as an “annual exam” or a “physical”. They're the same thing! A well-check is a holistic view of your child's physical and emotional health.

Does my child need a separate visit for a sports physical?

An exam to make sure your child is safe while participating in a sport is done for your young athlete at the same time as their yearly checkup. In most cases, only one yearly exam is needed for your student athlete. Please make sure to bring the required paperwork to the checkup appointment.

How often does my child need a well check?

Young children grow quickly so they need to visit the pediatrician often and regularly to make sure they're healthy and developing normally. The American Academy of Pediatrics recommends the following schedule:

- 3-5 days old
- 2 weeks
- 1 month
- 2 month
- 4 month
- 6 month
- 9 month
- 12 month
- 15 month
- 18 month
- 2 year
- 2 ½ year
- Yearly 3 years and older



Who should give your child a checkup?

Any pediatric-trained physician can do a checkup. It is best if these visits are scheduled with your child's primary care provider, or PCP. Regular visits with your PCP create strong relationships between you, your child and their provider at Littleton Pediatric Medical Center.

What is my child's doctor looking for during their checkup?

The pediatricians at Littleton Pediatric Medical Center follow a set of guidelines that are used to evaluate different stages of your child's life – for example, nutrition, growth and sleep. Your visit might also include administration of routine immunizations, checking blood pressure, conducting vision screening, counseling about nutrition, exercise, safety, injury prevention, and discussing your child's mental health and behavior.

What should I ask the pediatrician?

You can ask your pediatrician any question! The well-child visit is also a good time to talk to your pediatrician about what to expect next in your child's development. Your child can and should ask questions as well. Your pediatrician wants your children to be confident in the care of their own bodies. As children get older, they may want to speak with the pediatrician without you in the room. This is a normal part of adolescent growth and development. After each checkup, Littleton Pediatric Medical Center physicians want you to feel confident that you have all the information you need about how to best care for your child.



**Please call our Highlands Ranch office
at (303)791-9999 or our Ken Caryl office
at (303) 979-1234 to schedule your
child's well check today!**