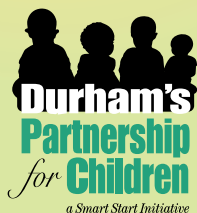


Healthy & Ready

A **guide** to preventive care

What is a Well-Child Check Up?

- ✓ A visit to your child's nurse or doctor when your child is not sick
- ✓ A way to track your child's growth and development
- ✓ Required shots are given to your child to stay healthy
- ✓ An opportunity to ask the doctor questions you have about your child's health



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919.403.6960 (p)
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What happens at a Well-Child Check Up?

- Height and weight measurement
- Developmental screening – answer questions about child's development and behavior concerning potty training, tantrums, talking, reading, interacting with other children, and sleep.
- Vision screening
- Hearing screening
- Blood pressure
- Nutritional assessment
- Immunizations

How often does my child need a Well-Child Check Up?

Parents should take their child to the doctor for a Well-Child visit at the **following ages**:

- 2 weeks
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 18 months
- 2 - 20 years recommended each year

How do I know if my child needs a Well-Child Check Up?

You can call your Medicaid Health Check Coordinator at 919-613-6509, your child's doctor's office, or your current health insurance provider for assistance in scheduling an appointment.



Immunizations for Children

Immunizations (vaccinations, shots) help protect your child from very serious diseases. Many of these diseases are rare, but the risk is still present. It is important that your child gets the required shots at the right time to protect them from these very serious diseases. Please ask your child's doctor about the schedule for your child. Up to date immunizations are **required for entry into kindergarten.**



Most common vaccinations include:

Required:

- Hib
- DTaP
- Hepatitis B
- Polio
- MMR
- Chickenpox

Recommended:

- Rotavirus
- Pneumococcal
- Influenza



Durham Health Resources

Durham Social Services

300 North Duke Street
Durham NC 27701
919-560-8000

Medicaid, Job Search Assistance, Food and Nutrition Services, Subsidized Child Care, Crisis Services

Durham County Health Department

414 East Main Street
Durham NC 27701
919-560-7600

Maternal Care, WIC Program, Immunizations, Dental Clinic, Health and Nutrition Education

Lincoln Community Health Center

1301 Fayetteville St.
Durham, NC 27717
919-956-4000

Prenatal, Pediatrics, and Dental Care, Pharmacy, WIC Program, Breastfeeding Support

Welcome Baby

721 Foster Street
Durham, NC 27701
919-560-7150

Parent Education and Support, Community Resources, Giving Closet, Car Seat Program

El Centro Hispano

201 West Main Street,
Suite 100
Durham NC 27701
919- 687-4635

Adult Education, Parenting Support, Youth Support, Health Education and Support Services

LATCH (Local Access to Coordinated Healthcare) for uninsured Durham County residents

Durham Community Health Network (DCHN) for Durham County Medicaid recipients

Care Management Staff:
919-613-6509

Home Visits, Assistance Making Appointments, Health Education, Application Assistance (Medicaid, Food Stamps), Links to Community Resources (housing, food, clothing, bills assistance, prescriptions), Transportation Assistance (health-related)

Durham's Partnership for Children would like to thank The Durham Results Based Accountability (RBA) Initiative for providing funding for this project.