

Pediatric Preventive Health Care Recommendations

Recommendations from the American Academy of Pediatrics

to guide physicians as they see children from newborn to age five

Family Guidance

Each physician visit includes “anticipatory guidance” to help families understand what to expect during their children’s stages of development. It is a means of providing personalized instruction and family education. Subjects for discussion, depending on the age of the child, include:

- » Promotion of breastfeeding
- » Nutrition
- » Promotion of constructive family relationships & parental health
- » Promotion of healthy and safe habits
- » Infant care
- » Promotion of community interactions
- » Injury and illness prevention
- » Oral health
- » Sexuality education
- » Promotion of parent-infant interaction
- » Promotion of social competence
- » Promotion of successful school entry

NEWBORN

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B

3 - 5 DAYS

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Procedure	Newborn metabolic/hemoglobin screening

* Risk assessment to be performed, with appropriate action to follow, if positive

Pediatric Preventive Health Care Recommendations

BY 1 MONTH

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (at 1-2 months)
Procedure	Tuberculin test*

2 MONTHS

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (at 1-2 months); DTaP (Diphtheria, Tetanus, Pertussis); Haemophilus influenzae type B; Pneumococcal; Inactivated poliovirus

4 MONTHS

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Rotavirus; DTaP (Diphtheria, Tetanus, Pertussis); Haemophilus influenzae type B; Pneumococcal; Inactivated poliovirus
Procedure	Hematocrit or hemoglobin*

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Pediatric Preventive Health Care Recommendations

6 MONTHS	
Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Rotavirus; DTaP (Diphtheria, Tetanus, Pertussis); Haemophilus influenza type B; Pneumococcal; Inactivated poliovirus (between 6 and 18 months); Influenza (yearly between 6 months and 5 years)
Procedure	Lead screening*; Tuberculin test*
Oral Health*	Age-appropriate examination

9 MONTHS	
Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental screening; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (between 6 and 18 months); Inactivated poliovirus (between 6 and 18 months); Influenza (yearly between 6 months and 5 years)
Procedure	Lead screening*
Oral Health*	Age-appropriate examination

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Pediatric Preventive Health Care Recommendations

12 MONTHS

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (between 6 and 18 months); Haemophilus influenza type B (between 12 and 15 months); Pneumococcal (between 12 and 15 months); Inactivated poliovirus (between 6 and 18 months); Influenza (yearly between 6 months and 5 years); Measles Mumps Rubella (MMR) (between 12 and 15 months); Varicella (between 12 and 15 months); Hepatitis A (2 doses between 12 and 23 months)
Procedures	Hematocrit or hemoglobin; Lead screening*; Tuberculin test*
Oral Health*	Age-appropriate examination

15 MONTHS

Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (between 6 and 18 months); DTaP (Diphtheria, Tetanus, Pertussis) (between 15 and 18 months); Haemophilus influenza type B (between 12 and 15 months); Pneumococcal (between 12 and 15 months); Inactivated poliovirus (between 6 and 18 months); Influenza (yearly between 6 months and 5 years); Measles Mumps Rubella (MMR) (between 12 and 15 months); Varicella (between 12 and 15 months); Hepatitis A (2 doses between 12 and 23 months)
Oral Health*	Age-appropriate examination

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Pediatric Preventive Health Care Recommendations

18 MONTHS	
Measurements	Length/height and weight; head circumference; weight for length; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Developmental screening; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Hepatitis B (between 6 and 18 months); DTaP (Diphtheria, Tetanus, Pertussis) (between 15 and 18 months); Inactivated poliovirus (between 6 and 18 months); Influenza (yearly between 6 months and 5 years); Hepatitis A (2 doses between 12 and 23 months)
Procedures	Hematocrit or hemoglobin*; Lead screening*; Tuberculin test*
Oral Health*	Age-appropriate examination

24 MONTHS	
Measurements	Height and weight; head circumference; body mass index; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Autism screening; developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Influenza (yearly between 6 months and 5 years); Pneumococcal (high-risk groups) (between 2 and 6 years); Hepatitis A series (high-risk groups) (between 2 and 6 years); Meningococcal (high-risk groups) (between 2 and 6 years)
Procedures	Hematocrit or hemoglobin*; Lead screening*; Tuberculin test*; Dyslipidemia screening*
Oral Health*	Age-appropriate examination

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Pediatric Preventive Health Care Recommendations

30 MONTHS

Measurements	Height and weight; body mass index; blood pressure*
Sensory Screening	Vision*; hearing*
Developmental/behavioral Assessment	Autism screening; developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Influenza (yearly between 6 months and 5 years); Pneumococcal (high-risk groups) (between 2 and 6 years); Hepatitis A series (high-risk groups) (between 2 and 6 years); Meningococcal (high-risk groups) (between 2 and 6 years)
Oral Health*	Age-appropriate examination

THREE YEARS

Measurements	Height and weight; body mass index; blood pressure*
Sensory Screening	Vision; hearing*
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	Influenza (yearly between 6 months and 5 years); Pneumococcal (high-risk groups) (between 2 and 6 years); Hepatitis A series (high-risk groups) (between 2 and 6 years); Meningococcal (high-risk groups) (between 2 and 6 years)
Procedures	Hematocrit or hemoglobin*; Lead screening*; Tuberculin test*
Oral Health*	Age-appropriate examination

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Pediatric Preventive Health Care Recommendations

FOUR YEARS	
Measurements	Height and weight; body mass index; blood pressure*
Sensory Screening	Vision; hearing
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	DTaP (Diphtheria, Tetanus, Pertussis) (between 4 and 6 years); Pneumococcal (high-risk groups) (between 2 and 6 years); Inactivated poliovirus (between 4 and 6 years); Influenza (yearly between 6 months and 5 years); Measles Mumps Rubella (MMR) (between 4 and 6 years); Varicella (between 4 and 6 years); Hepatitis A series (high-risk groups) (between 2 and 6 years); Meningococcal (high-risk groups) (between 2 and 6 years)
Procedures	Hematocrit or hemoglobin*; Lead screening*; Tuberculin test*; Dyslipidemia screening*
Oral Health*	Age-appropriate examination

FIVE YEARS	
Measurements	Height and weight; body mass index; blood pressure*
Sensory Screening	Vision; hearing
Developmental/behavioral Assessment	Developmental surveillance; psychosocial/behavioral assessment
Physical Examination	Age-appropriate examination
Immunization	DTaP (Diphtheria, Tetanus, Pertussis) (between 4 and 6 years); Pneumococcal (high-risk groups) (between 2 and 6 years); Inactivated poliovirus (between 4 and 6 years); Influenza (yearly between 6 months and 5 years); Measles Mumps Rubella (MMR) (between 4 and 6 years); Varicella (between 4 and 6 years); Hepatitis A series (high-risk groups) (between 2 and 6 years); Meningococcal (high-risk groups) (between 2 and 6 years)
Procedures	Hematocrit or hemoglobin*; Lead screening*; Tuberculin test*
Oral Health*	Age-appropriate examination

* Risk assessment to be performed, with appropriate action to follow, if positive