



Be Well Babies.  
Be Well Toddlers.  
Be Well.

**Resources For Your Family**

[www.cdc.gov/vaccines/vac-gen/why.htm](http://www.cdc.gov/vaccines/vac-gen/why.htm)  
[www.cdc.gov/vaccinesafety/concerns/index.html](http://www.cdc.gov/vaccinesafety/concerns/index.html)  
<http://www.wellvisitplanner.org/>

**Nebraska Immunization Records**

[dhhs.ne.gov/publichealth/  
Pages/nesiis\\_index.aspx](http://dhhs.ne.gov/publichealth/Pages/nesiis_index.aspx)

Questions for a nurse after hours?  
Call the SMC Care Line.  
402 443-1448 (after hours)



**Vaccines are safe and usually covered by insurance.**

Vaccines are usually required by schools and childcare centers. Vaccinating your child is a great way to protect your child. Follow the recommended immunization schedule for vaccines. Ask your doctor for details!

**Vaccines | Immunization Schedule**

- Birth to 2 months
- 4 months
- 6 months
- 1-2 years
- 4-6 years
- 12-14 years
- 15 years
- 16-18 years

**Why Immunize?**

Media messages on immunization can create confusion. Do not hesitate to talk to your provider about any concerns you have. Thanks to vaccines, some diseases are becoming rare due to the success of vaccinations.

**What would happen if we stopped vaccinating?**

Diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today.

**We vaccinate to protect future generations.**

We vaccinate to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. Vaccinations are one of the best ways to prevent serious diseases such as Polio, measles, mumps, diphtheria, tetanus, chickenpox, pneumonia, meningitis, and hepatitis A and B. Vaccinating your child give years or a lifetime of protection.



Be sure to schedule your child's at the recommended **months**: <1, 2, 4, 6, 9, 12, 15, 18, 24, 30 and at each year after.  
**Call 402 443-4191 to schedule today!**



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402 443-4191  
[SaundersMedicalCenter.com](http://SaundersMedicalCenter.com)



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# Your Well-Child Guide



**Milestones matter to the health of your child. Let us help make sure they are on track. And, let us make sure you are taking care of you too!**

—Nicole Akers, MD



**Saunders**  
MEDICAL CENTER

*Be Well.*

# Complete Child Care

SMC's Family Care Clinic has a superb team of providers that will care for you and your child as part of their own family. They go the extra mile and collaborate when needed.

Bright Futures by the **American Academy of Pediatrics** is the milestone checker SMC's team uses to confirm your child is meeting milestones on time at each Well-Child Check. Each child is different. Our providers have connections with other specialists when needed.



*So much growth happens so quickly!  
Make sure you connect with your provider to track your child's milestones!*

## Benefits of Well-Child Checks

### Growth & Development Tracking

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) provides routine well-child checkups for your child. Recording growth and developmental milestones allows you to see how much your child has grown since their last visit! These appointments allow a great opportunity to discuss your child's milestones, social behaviors and learning with a professional.

### Regular Visits Create a Strong Partnership

for your child's healthcare throughout their lifetime. Building trust with your provider is a great benefit in the health of your child. The team (**child, parent, provider & nurse**) works together to help develop optimal physical, mental and social health of your child.

### Communicating Concerns Quickly

By keeping a list of questions handy and keeping your well-child visits scheduled, you will be reassured that your child is meeting their milestones and your questions will be answered.

*Often as a new parent, there are many questions on a variety of topics including: sleep patterns, eating habits, social behaviors, movement milestones and so much more!*

*Our providers build a relationship with your family so you may get your questions answered.*

### Prevention of Illness & Injury

Discuss home and school safety and nutrition to prevent illness and injury. With regular child checks you can easily confirm your child is up-to-date on all recommended immunizations.

### Well-Child Checks

- |                                      |                                    |                                      |
|--------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> 3-5 day old | <input type="checkbox"/> 6 months  | <input type="checkbox"/> 18 months   |
| <input type="checkbox"/> By 1 month  | <input type="checkbox"/> 9 months  | <input type="checkbox"/> 2 years     |
| <input type="checkbox"/> 2 months    | <input type="checkbox"/> 12 months | <input type="checkbox"/> 2 1/2 years |
| <input type="checkbox"/> 4 months    | <input type="checkbox"/> 15 months |                                      |

*& Yearly checkups ages 4-21*

### Developmental Milestones

Milestones are goals for your child. Know the recommendations and keep your well-child check appointments to ensure they are reaching them. If you have any questions, don't hesitate to communicate with your doctor.



### **Every child is different!**

*Well-Child Checks help us track your child's milestones.*

*You know your child best. If you have concerns, act early as it can make a real difference!*

**Free** Did you know that **most** insurance companies and medicaid covers all well-child visits? If you want us to check with your insurance provider, simply give us a call today at 402 443-4191!

