

CHECKLIST FOR A CHILD



CHECKUP CHALLENGE

Join the Checkup Challenge to make sure every aspect of your child's health is covered.

Check all the boxes for your child's healthcare:

- Make sure they get their annual physical. Schedule an appointment if they are due or overdue for one.
- Schedule appointments to have any health issues that started during the pandemic looked at and diagnosed.
- Make sure they stay up to date on their immunizations.
- Take them to get their flu vaccination.
- Make sure they continue to get regular vision and hearing screenings.
- Make sure they are staying physically and mentally active.
- Make sure they receive an oral risk assessment, and get regular dental appointments.
- (18-24 months) Ask your pediatrician about autism screenings.
- (Children under 3) Make sure their pediatrician is including developmental screenings as part of regular checkups.



PeaceHealth

To schedule an appointment, visit:
peacehealth.org/schedulevisit