

Calendar of Important Milestones for Well-Checks



Ages 5 to 18 Years Old

Your child's 5th birthday is a milestone in their life. Looking back on their first 5 years will make you realize just how much they've grown! While the first 4 years of their life were filled with well-checks with their doctor, you might think the time for doctor visits has slowed down.

Children who are 5 and older certainly don't need to visit their doctor quite as frequently as infants and toddlers, but they aren't out of the woods yet when it comes to their health.

To ensure your child continues to grow and develop properly, annual wellness-checks are still very important. Make sure you follow their doctor-recommended vaccine schedule is vital.

When your child turns 5, they're nearing school age. At this point in their life, there's a lot to look forward to. With the new and exciting adventure of school coming closer, it's important and most often required for children to be vaccinated. Not only that, but as your child gets older, they'll need physicals and other exams to make sure they are healthy enough to participate in sports. These milestones are not represented in the chart below but check with your child's primary care provider and local school district for details on those requirements.

THE AGES 5 TO 18 ARE AN EXCITING TIME IN YOUR CHILD'S LIFE, AS THEY WILL EXPERIENCE A TREMENDOUS AMOUNT OF GROWTH. YOU CAN HELP YOUR CHILD FULLY DEVELOP AND GROW INTO HEALTHY ADULTS BY SCHEDULING THEM FOR REGULAR WELL-CHECKS.

FOLLOW OUR MILESTONE CALENDAR TO KNOW WHEN IT'S TIME TO SCHEDULE AN APPOINTMENT FOR YOUR CHILD!

5
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT ASSESSMENT**
- **VACCINES**

(based on care provider's recommendations)

6
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

7
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

8
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

9
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

10
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

11
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

VACCINATION BOOSTERS

(based on care provider's recommendations)

- Tetanus
- Diphtheria
- Meningococcal disease
- HPV (human papillomavirus)

12
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

13
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**

VARICELLA BLOOD TEST

(if vaccine not give and child has no history of chickenpox)

14
YEARS

- **PHYSICAL EXAM**
- **GROWTH & DEVELOPMENT WELL-CHECK**



15
YEARS

PHYSICAL EXAM

**GROWTH &
DEVELOPMENT
WELL-CHECK**



16
YEARS

PHYSICAL EXAM

**GROWTH &
DEVELOPMENT
ASSESSMENT**

**MENINGOCOCCAL
BOOSTER**



17
YEARS

PHYSICAL EXAM

**GROWTH &
DEVELOPMENT
WELL-CHECK**



18
YEARS

**WHEN YOUR CHILD
TURNS 18, THEY
WILL TRANSITION
INTO ADULT CARE,
THOUGH, A PHYSICAL
EXAM AND GROWTH
AND DEVELOPMENT
WELL-CHECK WILL
STILL BE ROUTINE
WHEN THEY ARE 18**

IT MAY SEEM FAR AWAY AT THIS POINT IN YOUR CHILD'S LIFE,
BUT WHEN THEY TURN 18 YOU'LL LOOK BACK AND BE AMAZED
AT HOW MUCH THEY'VE GROWN.

Scheduling regular well-checks for them throughout their childhood will set them up to be healthy adults.

If you'd like to set up an appointment for your child, contact our team at Yankton Medical Clinic. We'll work with you and your child to ensure they grow and develop healthily!

FOR A FULL SCHEDULE OF IMMUNIZATIONS PLEASE VISIT:

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

**CALL TODAY FOR
AN APPOINTMENT:**

605-665-5538
(YANKTON)

605-624-8643
(VERMILLION)