



Parents know who they should go to when their child is sick. But pediatrician visits are just as important for healthy children.

The American Academy of Pediatrics (AAP) developed a set of comprehensive health guidelines for well-child care, called [Bright Futures](#), for pediatricians to follow. Each well-child visit has an age-appropriate areas of focus including developmental milestones, nutrition, safety, your child and family's emotional well-being, and recommendations from the AAP.

You can check out the AAP Bright Futures recommendations at [www.healthychildren.org](http://www.healthychildren.org).

### **Benefits of Well-Child Visits:**

**Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.

**Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.

**Raising concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.

**Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

The providers at Willamette Falls Pediatric Group follow the standards set forth by the AAP and Bright Futures.

We look forward to caring for your child and you, and being Part of Your Family as your Medical Home!