



## STAY ON TRACK WITH REGULAR VISITS

Our preventive health care schedule is designed to support your parenting journey from prenatal to adolescence. Starting with a visit before the baby arrives, and continuing with key developmental milestones throughout infancy and childhood, **First Steps with Camarena Kids** is here for you every step of the way.

Create a checklist with these dates:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> 1 month   | <input type="checkbox"/> 15 months                         |
| <input type="checkbox"/> 2 months  | <input type="checkbox"/> 18 months                         |
| <input type="checkbox"/> 4 months  | <input type="checkbox"/> 2 years                           |
| <input type="checkbox"/> 6 months  | <input type="checkbox"/> 2 1/5 years                       |
| <input type="checkbox"/> 9 months  | <input type="checkbox"/> 3 years                           |
| <input type="checkbox"/> 12 months | <input type="checkbox"/> Each year after that until age 21 |

For concerns or questions about your child's health, don't hesitate to reach out.

**First Steps with Camarena Kids**

(559) 674-4000

[Camarenahealth.org/first-steps](https://camarenahealth.org/first-steps)

**Schedule your next well-child visit today.**



## CHARTING HEALTHY GROWTH:



YOUR CHILD'S WELL-CHILD  
VISITS WITH FIRST STEPS  
WITH CAMARENA KIDS

## A FOUNDATION FOR LIFELONG HEALTH

Well-child visits are key touchpoints in monitoring and supporting your child's growth and development. These visits with **First Steps with Camarena Kids** are not just for when your child is unwell; they are vital opportunities to catch potential concerns early and to ensure your child is thriving at each stage of their young life.

At this exam, the health care provider will check the child's growth and development in order to find or prevent problems. The provider will record your child's height, weight, and other important information. Hearing, vision, and other screening tests will be part of some visits, as well as immunizations.



## COMPREHENSIVE CARE AT EVERY STAGE

**The most important components** of a preventive well-child visit include the following:



**Developmental Assessments:** Tracking growth, behavior, and learning.



**Health Checks:** Regular measurements and screenings, including vision and hearing.



**Immunizations:** Keeping up-to-date with vaccinations for robust health.



**Anticipatory Guidance:** Discussing sleep, safety, nutrition, and what to expect as your child grows.

## PARTNERS IN PREVENTION

Come prepared with questions to maximize each visit. Your insights and observations are invaluable in painting a full picture of your child's health. Understanding your child's BMI and developmental milestones is crucial, and we're here to discuss any aspect of wellness, from family dynamics to school and community resources.