



Importance of a well-child check



childrensdayton.org

If your children underwent a sports physical anywhere other than their primary care office, you might wonder why it's also necessary for them to see their doctor. A sports physical is not a substitute for a well child exam.

A well child exam is important in the following ways:

- ▶ Review of a child's medical history.
 - ▶ Listening to questions and concerns from the parents or child, and checking out the problem.
 - ▶ Review of any medicine the child may take.
 - ▶ A physical exam (more detailed than a sports or school physical).
 - ▶ Review of a child's vision and hearing.
 - ▶ Developmental screenings.
 - ▶ Other screening tests due for the child.
 - ▶ Creating a plan of care for any problems found.
 - ▶ Labs and other tests, if needed.
- ▶ Referrals, if needed.
 - ▶ Immunizations, as needed.
 - ▶ Age-appropriate wellness education including diet, sleep, school, interpersonal and family behaviors and safety.

By having your child's pediatrician/primary care physician perform the well child check, (as well as any sick visits) all records are at one location, and can be reviewed for past concerns that may have otherwise been forgotten. Your child's physician can also determine if your child is up to date on his/her vaccines.

In addition, primary care physicians attempt to provide some guidance on a number of topics that address maintaining a healthy lifestyle, both physically and mentally. Why? Because well child exams are just that... they promote wellness. They promote preventive care.

Long after your child's sports career is over, maintaining a healthy lifestyle will still be important.