

WELL CHILD

# VISITS

Well Child Visits tell an important story about your child's health and development.

**The Well Child Program is a series of visits that take place as your child grows from baby to child.**

It provides a comprehensive health assessment, shares knowledge and skills, and provides connection with other resources to support your journey as a parent.

Health professionals will see you and your child at 9 different times during your child's development from birth to school-age:



## Approximate time

## Things to talk about



**WITHIN 1  
WEEK AND AT  
2 WEEKS**

**Vitamin D supplementation**

**Your baby's feeding**

**Your baby's sleeping**

**Caring for your new baby**

**Connecting with your new baby**

**Keeping baby safe and safe sleeping**

**Contraception**

**Parent nutrition, stress and fatigue**

## Questions you may have

- How do I know when my baby is hungry?
- How long is formula good after making it?
- How long is breast milk good after pumping it?
- Where can my baby sleep?
- How much vitamin D do I give my baby?
- How often will the baby wake up at night?
- What should I do if I have trouble breastfeeding?
- What can I do if I don't have enough support at home?

## Immunizations\*

**HB: Hepatitis B**

*\* Your health care provider will discuss the recommended immunizations for infants and children in the Northwest Territories as part of the Well Child visit. They are there to provide information and to answer your questions. It is never too late to start or catch up on immunizations.*

## Approximate time

## Things to talk about



**1 MONTH**

Your baby's feeding

Your baby's sleeping

Nurturing, understanding and interacting with your baby

Keeping baby safe

Baby growth and development

Recognizing illness

Parent stress and fatigue



**2 MONTHS**

Your baby's feeding

Your baby's sleeping patterns

Nurturing, understanding and interacting with your baby

Social development and play

Keeping baby safe as they grow, protecting from falls

Family relationships

Questions you may have	Immunizations*
<ul style="list-style-type: none"> <li>• How can I bond with my baby?</li> <li>• How will I know if my baby is feeding well?</li> <li>• What do I do when the crying is overwhelming?</li> <li>• How do I know if my baby's sleep surface is safe?</li> <li>• What are signs I can look for to make sure baby is safe when I pack/carry them?</li> <li>• Where can I learn infant CPR?</li> <li>• What kinds of help can I ask family and friends for?</li> </ul>	<p><b>HB</b> Hepatitis B</p> <p><b>BCG</b> Bacillus Calmette–Guérin (Tuberculosis)</p>
<ul style="list-style-type: none"> <li>• Is it safe to take medications during breastfeeding?</li> <li>• How long do babies sleep for?</li> <li>• Where can I access support if I feel anxious or depressed?</li> <li>• Why is 'tummy time' important?</li> </ul>	<p><b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis, inactivated polio, <i>Haemophilus influenzae type B</i></p> <p><b>Men-C-C</b> Meningococcal conjugate C</p> <p><b>Pneu-C-15</b> Pneumococcal conjugate 15</p> <p><b>Rot-1/Rot-5</b> Rotavirus</p>

*BCG is now given in the NWT at 1 month of age, after you and your healthcare provider know the results of your baby's SCID test. BCG is only recommended for certain infants. Talk with your healthcare provider or public health nurse for more information.*

## Approximate time

## Things to talk about



**4 MONTHS**

Your baby's feeding

Your baby's sleeping patterns

Hearing and vision

Teething

Keeping baby safe as they grow

Parent support and resources

Parent stress and fatigue

Early learning

Returning to work or school



**6 MONTHS**

Introducing solids

Your baby's sleeping

Your baby's behavior cues and needs

Social development and play

Teething and oral health

Keeping baby safe

Supporting baby's development



Questions you may have	Immunizations*
<ul style="list-style-type: none"><li>• What are the signs when my baby is ready for solid foods?</li><li>• What traditional foods are important for my baby?</li><li>• How do I keep my baby's gums (and teeth) clean?</li><li>• How will I know if my baby is growing well?</li><li>• Is it normal that my baby does not sleep through the night?</li><li>• How do I adjust the car seat as my baby grows?</li></ul>	<p><b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis, inactivated polio, <i>Haemophilus influenzae</i> type B</p> <p><b>Pneu-C-15</b> Pneumococcal conjugate 15</p> <p><b>Rot-1/Rot-5</b> Rotavirus</p>
<ul style="list-style-type: none"><li>• How do I keep my house safe for my baby now that they have started to move?</li><li>• How can I help my baby's language development?</li><li>• How do I introduce solid foods to my baby?</li><li>• How do I comfort my baby when they are teething?</li><li>• What do I do if my baby has a fever?</li></ul>	<p><b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis, inactivated polio, <i>Haemophilus influenzae</i> type B</p> <p><b>HB</b> Hepatitis B</p> <p><b>Pneu-C-15</b> Pneumococcal conjugate 15</p> <p><b>Rot-5</b> Rotavirus</p>



## Approximate time

## Things to talk about



**12 MONTHS**

Your child's nutrition

Reading to your child

Teething and oral health

Your child's behavior

Recognizing illness

Child safety and protection

Early learning and development



**18 MONTHS**

Your child's nutrition

Teething and oral health

Getting ready for using the toilet

Social and play needs

Child safety and protection

Early learning and development

Questions you may have	Immunizations*
<ul style="list-style-type: none"> <li>• How can I establish a bedtime routine?</li> <li>• How can I support my child to try new foods?</li> <li>• Does my baby still need formula after 12 months?</li> <li>• How can I make my home safe for my child?</li> <li>• Where can I get support when I return to work or school?</li> </ul>	<p><b>MMRV</b> Measles, mumps, rubella, varicella</p> <p><b>Men-C-C</b> Meningococcal conjugate C</p>
<ul style="list-style-type: none"> <li>• Are there other strategies I can use to soothe my child?</li> <li>• What can I expect for my child’s speech and language development?</li> <li>• What toys are appropriate for this age?</li> <li>• How can I keep my baby safe as they explore more of the world?</li> </ul>	<p><b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis, inactivated polio, <i>Haemophilus influenza</i> type B</p> <p><b>Pneu-C-15</b> Pneumococcal conjugate 15</p> <p><b>MMRV</b> Measles, mumps, rubella, varicella</p>

## Approximate time

## Things to talk about



**3 YEARS**

Your child's nutrition

Behavior and needs

Social and play needs

Toilet training

Reading to your child

Positive family relationships

Early learning

Speech and language development



**4-5 YEARS**

Preparing for school

Your child's diet and nutrition

Behavior and needs

Social and play needs

Home and environment safety

Encouraging positive growth and development

Toothbrushing and oral health



Questions you may have	Immunizations*
<ul style="list-style-type: none"><li>• How can I support my child when they are having a tantrum?</li><li>• How can I support my child using the toilet?</li><li>• I am unsure how to make sure my child is eating well to grow healthy and strong.</li><li>• How can I respond to a picky eater?</li></ul>	
<ul style="list-style-type: none"><li>• How can I support my child as they start school?</li><li>• How can I access speech and language support?</li><li>• What can I do if I have concerns about my child's development and wellness and want access to comprehensive care and support?</li><li>• How do I access Jordan's Principle?</li><li>• How do I access Child First Initiative?</li></ul>	<p><b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis, inactivated polio, <i>Haemophilus influenzae</i> type B</p>



You can book an appointment for a Well Child Visit at any time in your child's development by calling your community health centre, primary care clinic or public health office.

