



# Pediatric wellness guide

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This guide offers a wealth of wellness information, including recommended vaccinations and well-child visits. You'll also find expert advice and Kaiser Permanente resources for children from birth to age 18.

**We're here for your family.**

# Infant wellness

## Recommended vaccines, tests, and wellness visits

<b>Birth</b>	<ul style="list-style-type: none"><li>• Newborn blood screen</li><li>• Hepatitis B (Hep B)</li></ul>												
<b>Age in days</b>	<p><b>3 to 5 days:</b> Wellness visit<sup>1</sup></p> <p><b>7 to 14 days:</b> Wellness visit<sup>1</sup></p>												
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<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

After months of anticipation, your baby has arrived. And from the very first moment, your Kaiser Permanente provider is there with the expert, coordinated medical care your newborn needs to thrive.

## Is my newborn getting enough to eat?

“At the first infant wellness visit, a 10% decrease from the baby’s birth weight is normal. By the second, the baby should be near their birth weight. If not, I ask the parents how often the baby is feeding and about their urine output, and I observe how active and alert they are. Many moms are breastfeeding for the first time and may need more support to be successful.”

Tashi Gyaltson, MD, pediatrician  
Kaiser Permanente Northgate Medical Center in Seattle

## How’s mom doing?

About half of all new mothers experience “baby blues,” which can take the form of insomnia, irritability, tears, overwhelmed feelings, and mood swings. If feelings of depression last more than 2 weeks, contact your provider. This may be postpartum depression.



# Baby wellness

## Recommended vaccines, tests, and wellness visits

### Age in months

**15 to 18 months:** Wellness visit<sup>1</sup>

- DTaP
- Any 12-month immunizations not already given

### Age in years

**2 years:** Wellness visit<sup>1</sup>

- Hep A

**Children should get a flu shot every fall.**

<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

## Do you have a health care provider for your baby?

Helping your little one grow up healthy is an important job, so take time to choose a Kaiser Permanente provider you really like. When you find one who seems right, ask us about scheduling a “getting to know you” visit. This visit is often available at no additional cost. See your Evidence of Coverage for details.

Many parents choose a pediatrician or family doctor before their child arrives. Asking friends or relatives for recommendations is a good place to start. You can also ask us! We’re here to answer any questions you have about pediatric care with us. We’ll even help you arrange your baby’s first appointment. Just give us a call. Make sure you’re registered on [kp.org/wa](https://kp.org/wa) so you can manage your little one’s care online or through our mobile app. It has lots of great time-saving features you’ll appreciate as a busy new parent.

Your growing baby is gaining new skills and feeling more independent each day. They’re curious, want to explore the world around them, and act without thinking. While growing in confidence, your child still needs your close supervision and guidance.

## Why should I read to my baby?

“Reading to your baby helps their language development. It’s also a bonding time for parent and baby, and it can be part of a bedtime routine that leads to good sleep habits. Start reading to your baby as early as 6 months old. It’s really helpful as they begin to learn to talk.”

Jenny Wu, MD, pediatrician  
Kaiser Permanente Silverdale Medical Center



# Toddler wellness

## Recommended vaccines, tests, and wellness visits

### Age in years

**3 years:** Wellness visit<sup>1</sup>

**4 years:** Wellness visit<sup>1</sup>

- Vision screen
- Hearing screen
- DTaP
- IPV
- Varicella
- MMR

**Children should get a flu shot every fall.**

<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

## Why vaccinate your child?

### Vaccines:

- Help prevent you or your child from getting dangerous diseases
- Help keep disease from spreading
- Help protect people who may not be able to get vaccines
- Cost less than getting treated for the diseases
- Have very few serious side effects
- Are required by Washington state for a child to be admitted to school or a licensed day care
- Prevent missed school or work days due to illness or caring for a sick person

If you have questions, the American Academy of Pediatrics reminds you that the best source of information about what is best for your child's health is your pediatrician.

During the toddler years, your child is starting to master the skills they will need to succeed in kindergarten and beyond. Whether working with other children, counting to 5, writing their name, throwing a ball, or riding a tricycle, there's a lot to learn before the first school bell rings.

### When is the best time to start toilet training?

“When a child has awareness of their body and the sensations that precede urination or a bowel movement; the speech and language skills to alert adults that they need to use the toilet; and they're willing, they're ready to be toilet trained.”

Cicely White, MD, pediatrician  
Kaiser Permanente Veradale Medical Center in Spokane



# Child wellness

## Recommended vaccines, tests, and wellness visits

<b>Age in years</b>	<b>5 years:</b> Wellness visit <sup>1</sup>	<b>Children should get a flu shot every fall.</b>
	<b>6, 8, and 10 years:</b> Wellness visit <sup>1</sup>	

<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

## Healthy habits, healthy weight

Children come in all shapes and sizes and grow at different rates. To help your child maintain a healthy weight, follow these simple steps:

- **Encourage physical activity:** Children need at least 60 minutes of active play every day. Plan family activities, such as trips to the park, walks, bike rides, swimming, gardening, and so on.
- **Limit TV, computer, and video games:** Make sure your child spends no more than one hour in front of a screen per day.
- **Build healthy eating habits:** Make healthy foods available to all family members and eat meals together as a family as often as possible.

If you're concerned about your child's weight, consult your child's care provider.

Your child is now in school, growing rapidly in size, skills, and independence. As they learn and develop, they're building daily health habits, expanding their sense of responsibility, making friends, and exploring their world.

## My child doesn't like school. Is this normal?

“Elementary school is a time when learning is fun and most children are engaged. It's also when some children start to show signs of ADHD, anxiety, depression, or learning disabilities. If your child seems disengaged, ask some open-ended questions, such as, what makes you happy about school? Who do you play with at recess? If you remain concerned, make an appointment to discuss your concerns with your pediatrician.”

Wendy Haas, MD, pediatrician  
Kaiser Permanente Bellevue Medical Center



# Preteen wellness

## Recommended vaccines, tests, and wellness visits

### Age in years

**11 years:** Wellness visit<sup>1</sup>

- Tdap booster (tetanus, diphtheria, pertussis)
- MCV (meningococcal disease)
- HPV (human papillomavirus) can start 2-dose series at age 9 to complete sooner

**12 years:** Wellness visit<sup>1</sup>

**Children should get a flu shot every fall.**

<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

## The Adolescent Center

With multiple locations throughout the Puget Sound region, our Adolescent Centers provide treatment for kids ages 11 to 18 who are experiencing complex medical, social, academic, emotional, and behavioral issues. Staffed with a board-certified adolescent medicine doctor, a child and adolescent psychologist, a consulting child and adolescent psychiatrist, pediatric and psychiatric nurse practitioners, and master level therapists, The Adolescent Center uses a team approach in providing care, and families play an important role in the treatment program. Treatment specialties range from eating disorders to gender health care.

Learn more at [kp.org/wa/adolescentcenter](http://kp.org/wa/adolescentcenter), or call Member Services at **206-630-4636** or **1-888-901-4636**.

Puberty can be exciting and challenging for both parents and kids. During this time, preteens and teens experience tremendous physical changes and take on some very important tasks on their journey toward independence.

### How can I help my child make the transition into puberty successfully?

“Start talking with your child – early and often – about the changes they’ll be undergoing when they reach puberty, so they’ll be fully informed and prepared, rather than anxious. Be sure to stress that there’s an enormous range of ages at which kids go into puberty – it can be as early as 8 and late in the teen years – and that either end is normal.”

Amador Loya, MD, pediatrician  
Kaiser Permanente Puyallup Medical Center



# Teen wellness

## Recommended vaccines, tests, and wellness visits

<b>Age in years</b>	<b>13 years:</b> Wellness visit <sup>1</sup>	<b>Children should get a flu shot every fall.</b>
	<b>14 and 15 years:</b> Wellness visit <sup>1</sup>	
	<b>16 years:</b> Wellness visit <sup>1</sup>	
	• MCV booster	
<b>17 years:</b> Wellness visit <sup>1</sup>		

<sup>1</sup> A wellness visit is also referred to as a checkup, physical, or routine exam.

## Mental health and wellness

At Kaiser Permanente Mental Health, adults, teens, and children can get treatment and support for a wide range of issues, including:

- Anxiety
- Bipolar disorder
- Depression
- Obsessive-compulsive disorder
- Panic attacks and panic disorders
- Post-traumatic stress disorder
- Schizophrenia

No referral is needed from your primary care provider to get care from Kaiser Permanente Mental Health. For first-time, nonemergency appointments with a mental health specialist in your plan network, call **1-888-287-2680** or **206-630-1680**.

During a child's eventful teen years, they make the journey from childhood to the beginning of true independence. With your knowledge, guidance, and encouragement, you can help them make it safely, successfully, and in good health.

## How can I tell if my teenager is just moody or seriously depressed?

"Teens have ups and downs. But if your child is down for more than a couple of weeks, it may be cause for concern, especially if they're also not sleeping well, less interested in activities they enjoy, withdrawing from family and friends, or increasingly secretive.

Pick a time to talk with your child about what's bothering them. Next, take them to their primary care doctor. You can discuss your concerns with their provider before or after, but let your teen talk with the provider alone. The provider can assess your teen's overall health and decide whether a mental health referral is needed."

Gina Sucato, MD, MPH, adolescent medicine specialist  
Kaiser Permanente Factoria Medical Center



# Care that fits your busy family

Here are some easy options for accessing Kaiser Permanente care.

## CLICK

### Care Chat

Online messaging for real-time medical care from a Kaiser Permanente clinician, available 24/7.

### Email your care team

When receiving care from Kaiser Permanente, you can conveniently email your care team to ask nonurgent questions. You'll get an answer within 48 hours and often that same day.

## CALL

### Consulting Nurse Service

A nurse listens to your concerns and gives you care advice or directs you to the best location to get care. Call **206-630-2244** or **1-800-297-6877**, 24 hours a day, 365 days a year.

For more information about all your care options, visit [kp.org/wa/getcare](https://kp.org/wa/getcare).

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**If you have a life-threatening emergency, call 911 or go to the nearest hospital.**

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