The Importance of the Well-Child Visit

Dr. Jay Schwartz

Serving the Frisco, Texas, community, Dr. Jay Schwartz offers patients at Collin County Pediatrics experienced well-child visit services. Dr. Schwartz recommends regular checkups as a way of ensuring that children stay healthy throughout their critical growth stages. From the ages of 2 weeks through 2 years, children should have well-child visits every two to three months. Thereafter, checkups can occur on an annual basis, provided that children remain healthy overall.

The well-child exam has a physical evaluation component that includes checking heart and breath sounds, palpation, percussion, temperature, and infantile deep tendon reflexes. Infants are also examined for newborn jaundice, which can result in elevated levels of bilirubin and a yellowing of the skin and whites of the eyes.

Well-child exams also encompass a full range of age-appropriate immunizations, including [polio vaccinations](http://www.cdc.gov/vaccines/vpd-vac/polio/) and [tetanus shots](http://www.webmd.com/vaccines/tetanus-vaccine). Physicians frequently counsel children on proper nutrition and provide new parents with information on breast-feeding and infant formula alternatives. Throughout the checkup process, developmental milestones are carefully recorded to ensure the child is maturing in the expected way.

Dr. Jay Schwartz recommends that parents schedule their children's Collin County Pediatrics checkups two to four weeks in advance to ensure that appointments fit into their schedules.