

Help your Alaska
child reach their
optimal health



See a healthcare provider
for regular well-child
checkups

Immunizations

Immunizations save lives. Protect your child at all ages. Diseases like measles, polio, and whooping cough (pertussis) still exist.

Immunizations protect children and adults from these and other serious but preventable diseases.

Ask your health care provider at every checkup to make sure that all immunizations are up-to-date.

To view/print the Alaska Childhood and Adolescent Immunization Schedule go to <http://www.epi.hss.state.ak.us/id/iz/schedule.pdf> For more information call the Alaska Immunization Helpline 269-8088 or toll free 888-430-4321.

Developmental Screening

The American Academy of Pediatrics® recommends that children receive a developmental screening at their well-child checkups. This screening helps your healthcare provider detect if your child is learning and growing appropriately.



State of Alaska
Department of Health and Social Services
Division of Public Health
Section of Women's, Children's, & Family Health
3601 C Street, Ste. 322
Anchorage, AK 99503

Why is it important for my child to see a provider for a well-child checkup?



It is important for your child to see a healthcare provider when he or she is sick, but it is just as important for them to go when they are feeling fine. A well-child checkup helps to detect any problems early and keeps them up-to-date on their immunizations. Regular checkups will ensure your child has a healthcare provider who knows them well.

What happens during a well-child checkup?

- You can ask any questions you may have
- Head to toe exam
- Checking growth and development
- Receive important childhood immunizations
- Discuss nutrition and exercise
- Assessing your child's behaviors and emotions
- Vision and hearing screening
- Dental screening
- Referrals to a specialist if needed
- Learn what to expect as your child grows
- Behavioral and/or sleep issues

When should your child have a well-child checkup?

The American Academy of Pediatrics® recommends all children receive a well-child checkup at:

- 3-5 days old
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 24 months
- 30 months
- Every year from 3 to 21 years

If your child is on Medicaid or Denali KidCare, the costs of these checkups including immunizations will be covered. Many insurance plans fully cover well child and immunization visits too.

