



Well Child Care Schedule

IN HOSPITAL VISIT

(If you give birth in Norwalk or Stamford Hospital we will visit daily)

Hepatitis B #1
Vitamin K shot
Hearing Test
Newborn State Screening Blood Test
Circumcision (if desired)

INITIAL OFFICE VISIT

24-48 hours after discharge
If breastfeeding, visit incorporates a lactation consultation

2 WEEKS

Weight Check
If Breastfeeding, lactation consultation
Maternal Depression Screening

1 MONTH

Hepatitis B #2 vaccine
Maternal Depression Screening

2 MONTHS

DTaP #1
HiB #1
Rotovirus #1 (optional)
Maternal Depression Screening

3 MONTHS

Polio #1
Pevnar #1

4 MONTHS

DTaP #2
HiB #2
Rotovirus #2 (optional)

5 MONTHS

Polio #2
Pevnar #2

6 MONTHS

DTaP #3
HiB #3
Rotovirus #3 (optional)
Flu (in season)
Check for Anemia
Pediavision
Hearing Screening
TB Screening

7 MONTHS

Polio #3
Pevnar #3

8 MONTHS

Nutrition Consultation

9-10 MONTHS

Hepatitis B #3
Ages & Stages Developmental Screen

12 MONTHS

MMR #1
Varicella #1
Pevnar #4
Flu (in season)
Lead Screen
Anemia Screen
TB Screening

15 MONTHS

DTaP #4
HiB #4
Hepatitis A #1
Flu (in season)

18 MONTHS

Flu (in season)
Autism Screening (MCHAT)
Pediavision
Hearing Screening
TB Screening

21 MONTHS

Developmental Screening Visit
Hepatitis A #2
Flu (in season)

2 YEARS

Hepatitis #2 (if not given yet)
Flu (in season)
Anemia Screening
Lead Screening
TB Screening
Autism Screening (MCHAT)

2 1/2 YEARS

Developmental Screening Visit
Hepatitis A Catch up
Varicella #2
Flu (in season)

3 YEARS

Pediavision
Hearing Screening
TB Screening
Varicella #2 (catchup)
Flu (in season)

3 1/2 YEARS

Nutrition Consultation

4 YEARS

MMR #2
Polio #4
DTaP #5
Flu (in Season)
Pediavision
Hearing
TB Screening

5 YEARS

(Catchup on any vaccines if entering Kindergarten and not completed yet)
Lipid/Cholesterol Screen (pre-visit)
Flu (in season)
Pediavision
TB Screening
Hearing

6 - 9 YEARS (YEARLY)

Flu (in season)
Pediavision
Hearing

10 YEARS

Lipid/Cholesterol (pre-visit)
Flu (in season)
Pediavision
Hearing
TB Screening
IMPACT Concussion Testing (every 2 years for athletes)

11-12 YEARS

Tdap
Menactra (some schools req now)
Flu (in season)
Pediavision
Hearing
TB Screening
IMPACT Concussion Testing (every 2 years for athletes)

13+ (YEARLY)

Adolescent Screening for Risky behaviors, depression, etc.
HPV Series (3 shots over 6 mo)
Flu (in season)
Menactra (prior to college/boardings)
Hearing/Vision
TB Screening
Lipid/Chol (at 15)
GYN/Pap (optional when approp)
IMPACT Concussion Testing (every 2 years for athletes)

At The Center for Advanced Pediatrics preventive health care goes well beyond just vaccinations. We offer many innovative programs and screening measures that help identify early potential health threatening conditions.

VACCINATIONS

Disease prevention starts right at birth with TCFAP's commitment to establishing successful breastfeeding. Breastfeeding is your baby's first vaccine! After that we roughly follow the AAP recommended vaccinations. We highly recommend all children be vaccinated and offer a flexible schedule to accommodate all families.

VITAMIN K

All newborns receive this important vitamin that prevent bleeding at birth.

NEWBORN STATE SCREENING TESTS

Before your newborn is discharged from the hospital, your baby will have blood drawn for a panel of tests that can identify certain metabolic and inherited diseases. The panel is different depending on the state you give birth in but in general includes screening for thyroid disorders, cystic fibrosis and other very rare diseases. This test is very important as many of the disorders it identifies can be treated if known early in a baby's life. If you deliver in a hospital TCFAP does not attend at, please make sure you let the hospital know where to send results to.

HEARING TEST/OAE

A newborn's hearing is the same as an adult and therefore can be tested right after birth. Children can develop hearing deficits over time and therefore TCFAP uses our state-of-the-art OAE hearing test to evaluate all patients once a year from 6 months onwards.

CIRCUMCISION

All of our Board Certified Pediatricians are trained in circumcision. If your baby is born at Norwalk or Stamford Hospitals we will be happy to perform the procedure before discharge. If your baby is born at another hospital, you may request the circumcision be done by a pediatrician or obstetrician prior to discharge or you can wait and have it done by us on your first visit.

MATERNAL DEPRESSION SCREENING

A newborns health is tied very closely with the physical and mental health of its mother and family. For this reason, we administer the Edinburgh Post Natal Depression Screening Test to all postpartum mothers at the initial visit, 2 weeks, 1 month and 2 months. If an issue is identified, we can refer you to one of our mental health care providers for care or work closely with your own doctor for referral.

NIGHTINGALE'S LACTATION CONSULTATION

TCFAP is strongly committed to successful breastfeeding. All breastfeeding newborns sees one of our lactation specialists within 24-48 hours of discharge for an hour long visit. During this visit baby is weighed, and feeding success is evaluated. It is also a great time to get to know your newborn and ask many of the questions new parents have. Our lactation specialists will continue to see mom and baby for as many visits as needed to assure baby is growing and thriving while breastfeeding.

PEDIAVISION

TCFAP offers a state-of-the-art way of evaluating your baby's and child's vision long before they are developmentally able to cooperate with an interactive vision test. The test is able to detect refractive errors, amblyopia ("lazy eye"), strabismus ("cross-eye"), anisocoria (different pupil sizes) and media opacities (cataracts, irregularly shaped cornea/lens) as well as near or farsightedness. We offer it yearly starting at 6 months of age.

NUTRITION CONSULTATION

Our full time nutritionist meets privately at least twice during the early years to educate and guide parents on the important task of feeding your child.

ANEMIA SCREENING

Starting at 6 months a baby's iron stores are often depleted. Iron is an important element in your baby's diet to help the developing brain and nervous system. We screen for hemoglobin levels at 6 months, 12 months, 2 years, in athletes and menstruating girls. If your child is identified as having low hemoglobin, further testing might be warranted.

LEAD SCREENING

TCFAP is excited to have in-office screening of lead. As many of the homes in the area are old and contain excessive lead, it is important to identify children being exposed to this potentially dangerous element. We screen at 12 and 24 months as well as whenever there might be a risk of exposure identified.

TB (TUBERCULOSIS) SCREENING

This state mandated questionnaire is administered at most visits to identify patients and their families at risk for exposure to Tuberculosis. If your child is identified as being at risk, a PPD will be placed at that visit.

AGES & STAGES DEVELOPMENTAL SCREEN

TCFAP offers the Ages & Stages Screening test to identify children with potential developmental delays. This test consists of a several page questionnaire administered at several different ages. If a delay is discovered, proper referrals for further evaluation will be arranged.

AUTISM SCREEN (MCHAT)

TCFAP utilizes the Modified Checklist for Autism in Toddlers at the 18 month and 24 month well check ups to identify toddlers showing early signs of behaviors potentially associated with Autism. If a concern is raised, proper referrals for further evaluation are arranged.

CHOLESTEROL/LIPID SCREENING

At 5, 10 and 15 years old, prior to the child's yearly physical, TCFAP will administer a fasting blood test to evaluate cholesterol levels. Many children have inherited disorders of lipid metabolism that can be identified as early as 5 years old. Early identification allows dietary treatment of this potentially life altering condition.

IMPACT CONCUSSION TEST

The significant impact of concussions on athletes has recently been realized and several efforts have been made to decrease the poor outcomes, especially with repeated concussions. IMPaCT baseline testing every 2 years for the athlete allows for a way to evaluate the head injury against the baseline and monitor for healing and safe return to play. The test is administered on a computer and takes about 30 minutes. TCFAP recommends this for ALL young athletes over 10 years of age.

ADOLESCENT VISITS

Starting at 11-12 years of age, TCFAP is committed to making your child comfortable and more responsible for their own health. After 12 years of age, as long as the patient agrees, the doctor conducts the visit without the parent/guardian in the room. We have several screening questionnaires for the patient and the parent to help identify risky behaviors and depression. We offer the HPV vaccine to 13 year old girls as well as gynecological exams when appropriate.