

Well-Child Visit Checklist

Make the most of your child's well visits with this simple checklist! These checkups help track growth, update immunizations, and address any concerns you have about your child's health and development.



Before the Appointment

- Plan transportation and check parking options if driving
- Dress your child in an outfit that's easy to remove for exams
- Note any changes in your child's health, behavior, or routines
- Write down any questions about feeding, sleep, development, or behavior
- Gather helpful documents, such as school reports, childcare feedback, or an IEP



Pack a Bag With

- Snacks and drinks for you and your child
- A toy, book, or other distractions
- Extra diapers and wipes (for younger children)
- A change of clothes (just in case!)
- Any medications your child may need
- Insurance card and any required forms
- Hand sanitizer and face masks (if needed)



At the Appointment

- Share any concerns or updates with your provider
- Take notes on recommendations for health, sleep, and nutrition
- Discuss any mood or behavior changes in your child
- Ask about developmental milestones and preventive care



After the Appointment

- Schedule your child's next well visit
- Follow up on any recommendations or specialist referrals
- Reach out to your provider with any new concerns