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Pediatric Medicine and the Well-Child Checkup

From birth through adolescence, pediatricians are the silver bullet for a healthy childhood. Whether your new baby shows signs of an ear infection or your eight-year-old develops a cough and fever at the start of the school year, your pediatrician is there for you.

Pediatric medicine addresses medical care for infants, children, and adolescents. Pediatricians specialize in care for our children. They are trained to deal with the physiological and emotional differences that exist between adults and children. Pediatricians pay close attention to growth and development issues that are so important to monitor in young children. Pediatricians are also on the front line in the battle against autism, obesity, behavioral disorders, emotional issues and all of the emerging public health concerns affecting adolescents today.

One of the ways pediatricians help keep our children healthy is through the recommended well-child visits. Well-child visits provide pediatricians with the opportunity to screen for and diagnose diseases early, which is critically important to

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preventing or delaying associated problems. These checkups occur frequently during the first few years of your little one's life. These early and frequent checkups are important because your child is reaching many developmental milestones during these first few years and having a children's doctor ensure those milestones are being met is essential. Your child will also receive all of the recommended immunizations during their well-child visits throughout their childhood.

"It's vital for parents to protect their children against serious vaccine-preventable diseases, even as the COVID-19 pandemic continues," said Charmaine Chibar, MD, Federally Qualified Health Center Medical Director and Pediatrics Director of the C. L. Brumback Primary Care Clinics. "Children who are not up to date on their immunizations will be more vulnerable to diseases such as measles, which can cause serious complications."



The well-child checkups are also important for parents. They offer an ideal opportunity to ask questions about your child's nutrition, developmental concerns, behavioral issues, and any other concerns. These checkups are crucial for preventing a variety of health problems and identifying issues early when they can best be treated. During these well-child checkups your pediatrician will monitor your child's:

- Height and weight
- Heart rate and blood pressure
- Vision and hearing
- Reflexes and musculoskeletal system
- Lungs and heart

In Florida, the recommended well-child visits follow the schedule below:

- Birth
- 3-5 days for newborns discharged in less than 48 hours after delivery
- By 1 month

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- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Once every year for ages 3-20

During these well-child checkups, you can expect your child to receive a Critical Congenital Heart Defect assessment as a newborn; an Autism Spectrum Disorder screening at 18 and 24 months; a Tobacco, Alcohol, or Drug Use Assessment beginning yearly at age 11; a Depression screening yearly at age 12; and many other procedures and assessments throughout their early years.

Pediatricians have chosen the field of pediatrics because they love children and want to see them live better, healthier lives. By partnering with your child's pediatrician, you lay the foundation for a healthy baby through childhood and then adolescence.

If you would like to schedule an appointment with a pediatrician, the Health Care District's C. L. Brumback Primary Care Clinics are providing pediatric services throughout Palm Beach County. Patients can call 561-642-1000 to schedule an appointment and visit www.brumbbackclinics.org.

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