

R & R PEDIATRICS, PLLC

Location: HWY 55
3100 NC HWY 55 Ste# 202
Cary, NC 27519
Phone: (919) 367-9833
Fax: (919) 367-9832

Location: Carpenter Fire Station
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Preventive Care Visits (Well Child Visits)

What to expect to discuss & the care taken

Prenatal Visit

Challenges of caring for new baby
Feeding choices, breast feeding, Formula feeding and others
Child safety practices
Hospital newborn care and newborn screenings in the hospital
Family and Community support if help needed
Registration process with the practice

Newborn Visit

Routine baby care
Wellbeing of mother
Shaken Baby Syndrome and prevention
Sleeping position, feeding and car seat safety
Examine baby and weight check

1st Week Visit

Baby Blues of mom
Maintain Family routines
Feeding issues and child safety practices
Routine newborn care
Doing baby weight and examine baby

1st Month Visit

Maternal postpartum Depression screening and domestic violence
Back to work and child care plans
Baby sleeping, Tummy time, calm baby and child safety
Feeding, baby growth
Vaccines – Hepatitis B 2nd dose

2nd Month Visit

Postpartum checkup, Family planning
Fussy baby/Infantile Colic
Develop feeding and sleep routines
Baby responses, likes, dislikes
Child safety including keeping away small toys
Baby growth
Vaccines – DTaP, Polio, Hib, Pneumococcal and Rota virus vaccines
Post vaccination fever

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4th Month Visit

Learn baby responses, cuddle, talk and sing to baby
Feeding and sleeping routines
Introduction of solids
Child safety and fall from bed accidents
Growth and development
Vaccines – DTaP, Polio, Hib, Pneumococcal and Rota virus

6 Months Visit

Daycare and child care providers
Child safety including crib selection
Feeding, solids, using sippy cup, high chair or upright chair
Fluoride source, brushing with soft tooth brush
Developmental screening – **ASQ** or other
Growth and development
Vaccines - DTaP, Polio, Hib, Pneumococcal and Rota virus Flu vaccine during Flu season
May or may not give Hepatitis B vaccine

9 Months Visit

Consistent positive discipline, daily routines
Separation anxiety
Child safety like gates, electric cords, cleaning products etc and Poison Control Number
Introducing table food and snacks
Avoid Screen time
Growth and development
Developmental Screening – **ASQ** or other
Vaccines – Hepatitis B if not given at 6 months and Flu vaccine in Flu season

12 Months Visit

Discipline with time-outs and positive distractions
Nap time and bedtime routine
Teeth brushing routine, feeding bottle use and establishing Dental Home
Healthy diet, snacks and milk intake
Child proofing the house
Car seat, gun safety and water hazards
Developmental screening- **ASQ** or other
Labs - Lead Screening and anemia screening
Vaccines – MMR, Varicella, Pneumococcal, Hepatitis A and Hib

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15 Months Visit

Stranger anxiety
Maintaining bedtime routines No feeding bottle in the nights
Night waking, blanket or stuffed animal to offer
Temper Tantrums Discipline and positive behavior
Brushing, dental visit and child safety
Developmental Screening – **ASQ** or other
Vaccines – DTaP and Hib

18 Months Visit

Anxiety, temper tantrums
Family times, preparing toddler for new sibling
Supporting emerging independence and setting limits
Encouraging language development, talking and reading
Making ready for Potty Training
Child safety- gates, burns, guns and other
Developmental screenings – **ASQ and MCHAT**
Vaccines – DTaP and Hib if not given at 15 months Hepatitis A booster

24 Months Visit

Group play
Model appropriate language – Reading together, give time to speak slowly
Encouraging self-expression
Toilet training and personal hygiene
Physical activity, limit on TV
Child safety including helmets
Developmental Screenings – ASQ and MCHAT
Vaccines – Hep A booster if not given at 18 months visit

30 Months Visit

Family exercises – Walking, biking, swimming
Reading and going to Library
Limits on TV and Video
Encouraging group play and build independence
Considering child care and Preschool programs
Toilet training
Developmental Screening – **ASQ** or other

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3 Years Visit

Storytelling, reading, singing rhymes and play games
Interactive games and taking turns
Physical activity and Screen time limitations
Child safety including booster seats
Developmental screening – **ASQ**
Screenings: Attempt BP, Vision and hearing

4 Years Visit

Structural learning
Reading, bedtime routines
Tooth brushing with tooth paste
Curiosity about body and interaction with strangers
Child safety
Developmental screening – ASQ
Screenings: BP, Vision and Hearing
Vaccines – DTaP, Polio, MMR and Varicella boosters

5 And 6 Years Visit

Diet, physical activity and limit TV and Video
Preparing child for School
Discipline for teaching
Dental hygiene and dentist visits
Child safety including swimming
Growth and development
Screenings: BP, Development, Vision, Hearing
Vaccines: If MMR, Varicella, Polio and DTaP are not given at 4 years

7 And 8 Years Visit

School activities
Independence and competence
Rules and consequences
Nutrition choices
Early pubertal changes
Monitoring computers and electronic devices use
Growth, BP, Vision and Hearing

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9 And 10 Years Visit

School activities, quiet space for school work
Chores, self-responsibility, personal space
Anticipate new adolescent behaviors
Puberty changes
Diet, activity and TV time
Screenings: BP, Vision and Hearing

11 to 14 Years Visit

Pubertal changes
Rules, expectations, responsibilities
Involvement in family decisions
Tobacco, drugs and alcohol
Relationships, values and sex
Car safety, guns
Screenings – BP, Vision, Hearing
Labs: Anemia, Lipid panel, STIs
Vaccines: HPV, Tdap, Meningococcal

15 to 17 Years Visit

School activities
Puberty
Alcohol, drugs and safe sex
Mental Health Screening
Screenings: Vision, Hearing
Labs – Anemia, Lipid panel, STIs
Safety – Seat belts, guns
Vaccines – Meningococcal booster dose HPV if not given in previous visits

18 to 21 Years Visit

Healthy diet, exercise, dental visits
Connection with family and friends
Responsibility for school work, future education or work plans
Sexuality
Alcohol, drugs, seat belts
Transfer of care to adult provider