

# Health Checkups

TODDLER

ARTICLE

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During regular check-ups to monitor children's growth, doctors usually evaluate their vision and hearing, discuss their eating habits, and assess their physical and mental development. These comprehensive assessments may help ensure early detection and intervention for optimal child well-being.

*Keeping to the schedule of check-ups is important even if your child appears to be well. Regular appointments may help support preventive care and early identification of potential health issues.*

## How often should my toddler see the doctor?

Outside of visits to the doctor for an illness, most toddlers tend to have regular checkups, also known as well-patient exams, at 1 year, 15 months, 18 months, 2 years, and 3 years of age. However, normal practice in your country may vary, so check with your health care professional to see what he or she advises.

It's crucial to prioritize these routine appointments for comprehensive health assessments and early intervention, ensuring your toddler's well-being and development are closely monitored. Always adhere to your healthcare professional's recommendations for optimal care.

## If my child is healthy, does he really need to go for check ups?

Keeping to the schedule of checkups is important even if your child appears to be well. These visits provide an opportunity for the doctor to monitor whether your child is growing properly and a chance for you to discuss any concerns that you may have about your child's development.

These visits also typically coincide with the recommended schedule of immunizations, ensuring your child receives essential vaccinations for a healthy and protected childhood. Regular attendance at these checkups is a proactive approach to safeguarding your child's overall well-being. See Immunizations for more details.

## What usually happens at a routine health checkup?

Practices may vary slightly in your doctor's office, but a routine exam typically includes

- Measurement of weight, height, and head circumference
- Evaluation of vision and hearing
- Assessment of physical and mental development. The doctor will both examine your child and ask you questions.
- Discussion about behavior, eating habits, general health
- Discussion about what to expect as your child develops over the coming months
- Discussion of any questions or concerns that you might have
- Immunizations
- Possibly a blood, urine, or other test

## How can nutrition affect my toddler's health?

While your toddler is making the transition to an adult diet, he must manage to obtain a full complement of nutrients that are crucial to his development.

As your toddler explores the world, he is also likely encountering more challenges to his immune system. Research has shown that certain nutrients, such as nucleotides and zinc, may help to promote a healthy immune system that resists chronic infections and disease.

Some growing up milk can help ensure your toddler's diet includes the nutrients that promote good health. It's essential to provide a well-balanced diet rich in vitamins and minerals to support his overall growth and well-being.



