



Children's Hospital
Cleveland Clinic

Newborns to Teens: What to Expect from your Pediatrician

Cleveland Clinic Children's Hospital



Children's Hospital

Cleveland Clinic

**MyChart®•Caregiver
Lets Parents Manage
Care Online**

Review doctor instructions. View test results. Request appointments. Renew prescriptions. As part of the eCleveland Clinic electronic medical record system, MyChart•Caregiver allows parents of children under 18 to stay on top of family healthcare. Easy, secure and convenient. For details, please visit eclevelandclinic.org/mychartinfo.



Leading-Edge Care and a Family-Friendly Experience

At Cleveland Clinic Children's Hospital, our expert staff of pediatric specialists uses state-of-the-art resources to deliver the best possible care for newborns, infants, children and teens. To ensure healthy growth and to track proper development, our pediatricians recommend the American Academy of Pediatrics schedule of well-care visits and immunizations for your child.

Keep in mind that a pediatric visit is not just for your child. Children have needs and abilities that develop rapidly, and a visit with your pediatrician is the perfect opportunity to ask about ways you can promote safety, a healthy diet, appropriate behavior and social interaction during these stages of dramatic change.

For more information about the wide range of services available through Cleveland Clinic Children's Hospital, visit clevelandclinicchildrens.org.



Pediatric Care Schedule

as recommended by the American Academy of Pediatrics

Newborn	Checkup two to five days after hospital discharge; HBV immunization if not given in hospital
2–4 weeks	HBV if not yet given
2 months	Immunization with DTaP, Hib, IPV, PCV, HBV, rotavirus
4 months	Immunization with DTaP, Hib, IPV, PCV, rotavirus
6 months	Immunization with DTaP, HBV, IPV, PCV, rotavirus and possibly Hib (depending on brand)
9 months	Routine well-care visit
12 months	Immunization with MMR, varicella, PCV, HAV; anemia test and lead level check if risk factors exist (visit ODH.Ohio.Gov for details)
15 months	Immunization with DTaP, Hib
18 months	Immunization with HAV
2–3 years	Annual exams and lead level checks (if risk factors exist); vision screening at age 3
4–5 years	Annual exams with vision/hearing screens, lead level checks and immunizations with DTaP, IPV, MMR, varicella
6–10 years	Annual exams, routine vision/hearing screens (important, any immunizations previously missed)
11–12 years	Immunization with Tdap, HPV, MCV4
12–17 years	Annual exams, routine vision/hearing screen and any immunizations missed, such as MCV4, Tdap, HPV
Immunization Key	

DTaP = Diphtheria, tetanus, acellular pertussis vaccine

HAV = Hepatitis A vaccine

HBV = Hepatitis B vaccine

Hib = *Haemophilus influenzae* type B, or flu

HPV = Human papilloma virus vaccine to help prevent cervical cancer (Gardasil®)

IPV = Inactivated polio vaccine

MCV4 = Meningococcal conjugate vaccine for meningitis

MMR = Measles/mumps/rubella vaccine

PCV = Pneumococcal conjugate vaccine for meningitis (Prenar®)

Rotavirus = Vaccine against potentially life-threatening diarrhea

Tdap = Tetanus, diphtheria, acellular pertussis vaccine

Varicella = Chicken pox vaccine



Babies

Newborn–24 months

Pediatricians prefer to see babies six times before their first birthday and three more times in the second year. This may seem like a lot of visits, but they are needed to closely monitor your baby's growth and development. These checkups also allow doctors to screen for diseases and administer vital vaccinations. As an added benefit to new parents, pediatricians can use these visits to counsel you on taking proper care of yourself, advise you on the benefits of lactation and help identify the warning signs of postpartum depression.



Preschoolers

Ages 2–5

Your pediatrician will continue to track development, provide necessary immunizations and conduct important screening tests during yearly checkups. This is also the age to lay a foundation for good behaviors. Your pediatrician can guide you on how to help spur progress in areas such as reading, sleep habits, a healthy diet and potty training. They can counsel on safe activities, how much is too much, how to avoid injuries as activities increase and a variety of other topics.



School Age

Ages 6–12

At this stage, your pediatrician will track growth patterns and provide important immunizations. Routine screenings will be used to detect the onset of any adult diseases — particularly if family history puts your child at a higher risk. Your pediatrician can discuss health issues, such as weight gain and acne, that may be embarrassing for your child to bring up with family and friends. Annual visits will also ensure your child is physically cleared to play school sports. Beyond physical care, your pediatrician can help your child develop emotional maturity, confidence and social skills.



Teens

Ages 13–17

This is a great time to map out goals for a healthy adult life. Beyond providing scheduled immunizations and screenings, your pediatrician will reinforce healthy behaviors like proper eating and exercise habits. Plus, the doctor can share insights on social and emotional issues related to physical health — including sex education, drug abuse and the dangers of improper texting or Internet use. Some teens may inquire about a gender-specific pediatrician or transition to a physician who cares for adults. Other teens prefer keeping the same pediatrician because they have developed a trust and comfort level. It's best to follow your child's lead rather than suggesting any changes.

Cleveland Clinic Children's Hospital offers pediatric care at these locations:

Cleveland Clinic Family Health Centers:

Avon Lake
440.930.6800

Avon Medical Office
440.899.5550

Beachwood
216.839.3000

Brunswick
330.225.8886

Chagrin Falls
(Urgent care)
440.893.9393

Elyria
440.366.9444

Independence
216.986.4000

Lorain
440.204.7400

Solon
440.519.6800

Strongsville
440.878.2500

Willoughby Hills
440.943.2500

Wooster
330.287.4500

Pediatric Emergency Departments:

Fairview Hospital

Hillcrest Hospital

Main Campus
216.444.4367 (GENP)
Shaker Campus
216.448.6179

Cleveland Clinic Regional Hospitals:

Fairview Hospital, Cleveland
216.444.5437 (KIDS)

Hillcrest Hospital, Mayfield Heights
216.444.5437 (KIDS)

Huron Hospital, East Cleveland
216.761.7281*

Other Locations:

Cleveland Clinic Sports Health Center Garfield Heights
877.440.TEAM (8326)

Cleveland Clinic Westown Physicians Center
216.941.8888

Community Pediatrics Chesterland
440.729.0100

Community Pediatrics Fairview Park
440.356.2272

Community Pediatrics Westlake
440.808.1925

Kaiser Medical Building Cleveland Heights
216.297.2559

Nurse on Call: 216.444.1234 or 800.801.2273

*Please note that on October 3, 2011, the phone number will change to 216.767.4242 (HCHC).