



## Frequently Asked Questions for Families

**What is a well-visit?** A well-visit is a check-up. It is an important time to partner with your provider to check in about how well your child is learning new things, ways to help your child grow up healthy, and your needs as a parent. It is recommended that your child has 13 well-visits in their first 3 years, and because babies change so fast, well-visits are much more frequent your baby's first year.

**What is the Well-Visit Planner (WVP)?** The WVP is a free tool to help parents and family members plan their child's upcoming well-visits up to their sixth birthday. You complete the tool online at [www.wellvisitplanner.org](http://www.wellvisitplanner.org). Then, the WVP creates a *Visit Guide* to take to your visit. The guide shows what you've identified as your family's needs, concerns, and questions.

**How does the Well-Visit Planner help me as a parent?** The WVP helps families:

- **Discover** issues and needs important to your child's and family's health.
- **Learn** about developmental milestones and important topics for children ages 0-6 years old. This includes information about your child's growth, development, and language skills. You can also learn more about your child's development before the visit by reading the WVP's **education materials** at [www.WellVisitPlanner.org/Education](http://www.WellVisitPlanner.org/Education).
- **Pick** what you want to discuss with your child's health care provider. A *Visit Guide* will be created for you, based on questions you've identified as important for your family.
- **Partner** with your child's provider by sharing your questions and concerns in your *Visit Guide*.

**How long will it take to complete?** The Well-Visit Planner usually takes 10-15 minutes to complete, but you can take as long as you like!

**What will I be asked to do?** To get your *Visit Guide*, take these 3 easy steps:

1. Answer questions about your child and family that will help your child's health care provider understand more about your child's development.
2. Pick the topics related to your child that you want to discuss with your child's health care provider.



3. Receive a free *Visit Guide* that you can print and use at your child's well-visit.

**Is my information secure? How will the information collected be used?** Yes! This online tool has gone through a rigorous process to ensure that information collected is 100% secure. Besides—we don't store any of the personal information you enter about your child! You can learn more at <https://www.wellvisitplanner.org/Terms.aspx>. After you complete the tool, any information that could identify you or your child **will not be stored**. This anonymous information will only be used to understand parents' concerns and priorities for their well-child visits.

**What kinds of questions are asked in the WVP?** The WVP questions are focused on your child's development, based on recommendations by the American Academy of Pediatrics' *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition*. There are questions about what your child is learning to do, what concerns you may have, and what is going on in your family.

**When should I use it?** You should complete the WVP before each of your child's well-visits. The Well-Visit Planner questions change based on the age of your child, and each visit will be different. If you have two or more children, the WVP should be completed for each child.

**What if my child has special needs?** All children need well-care visits. If your child has developmental delays, you may find useful information on more than one age. You can fill out the WVP questionnaire either using your child's actual age, or developmental age. It's your choice!

**Is the WVP available in other languages?** Yes! The WVP is currently available in Spanish.

**Can I use it with a mobile device? What if I don't have internet at home?** Currently, there is no mobile application for the WVP. However, you can complete the WVP from your mobile web browser. If your family does not have internet at home, you can ask your provider to print the WVP for you, or learn tips for getting online at: <http://www.familyvoices.org/work/diversity?id=0002>.

**What do I do after completing it?** The Well-Visit Planner generates a printable *Visit Guide* for your child. Print and bring the *Visit Guide* to your child's well-visit to ask your provider questions about your needs and priorities. (If you don't have a printer, you can ask your provider if you can email it to their office in advance.)

**What if my provider doesn't know about the WVP?** The WVP can be used with any provider. You can introduce your provider to the WVP using our *Provider FAQ* sheet, and encourage your provider to make the WVP a standard part of their practice. Your provider can learn more at <http://www.cahmi.org/projects/wvp/wvp-implementation-portal/>.

**For more information, please contact us at:** [info@cahmi.org](mailto:info@cahmi.org). The WVP was created by the Child and Adolescent Health Measurement Initiative (CAHMI), at [www.cahmi.org](http://www.cahmi.org).