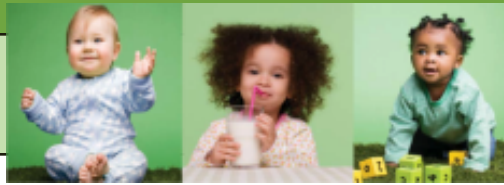




# WHAT IS THE WELL-VISIT PLANNER?

**...and how does it help my family?**





# Did you know?

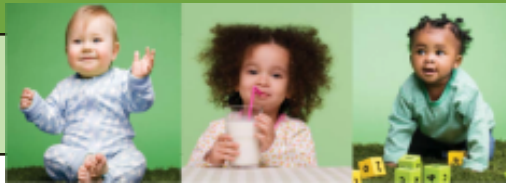
It is recommended that your child has 13 well-child visits in their first 3 years,

and there are important periods & milestones for your child.

What you do with your child every day matters,

and you can **partner with your provider** to make sure your child's needs are addressed.





# What is a well-child visit?

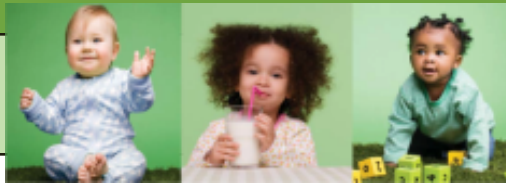


## **A well-child visit is a check-up.**

It's an important time to help for you and your provider to check in about:

- Ways to help your child grow up healthy
- Ways to prevent illness and accidents
- How well your child is learning new things
- Help your provider understand your needs and challenges as a parent

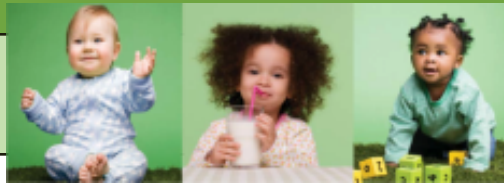
**All children need well-visits!**



# What is the *Well-Visit Planner*?

The *WVP* is a tool you can use to be prepared for your child's next well-visit, up to their 6<sup>th</sup> birthday.

- ✓ Go online to [www.wellvisitplanner.org](http://www.wellvisitplanner.org).
- ✓ Learn how your child might be doing, and find some questions you may want to ask of your provider.
- ✓ The WVP is available in English and Spanish, and takes about 10-15 mins.
- ✓ It is based on the [American Academy of Pediatrics' Bright Futures guidelines](#).
- ✓ You can also fill out the *Guide* with paper and pencil.
- ✓ Your private information will **not** be stored.



# The *WVP* website: three easy steps

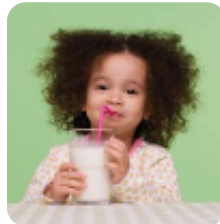
Go to [www.wellvisitplanner.org](http://www.wellvisitplanner.org) and complete the 3 steps below:

## Step 1



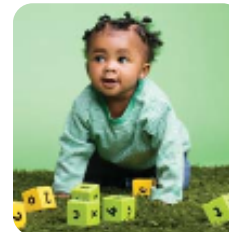
**Answer a Questionnaire**  
about your child and family.  
This takes about  
10-15 minutes to complete.

## Step 2



**Pick Your Priorities**  
What do you want to talk  
about with your child's  
provider?

## Step 3



**Get Your Visit Guide**  
Use this Guide to get the  
most out of your visit.



# HOW CAN THE WVP HELP ME AS A PARENT?

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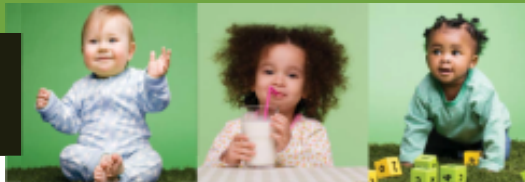




# The *Well-Visit Planner* helps you:

- **Explore** the issues important to *your* child's and family's health.
- **Learn** about important topics for children ages 0-6 years old, and get some answers to your questions ahead of time.
- **Pick** which topics are important to YOU to discuss with your provider.
- **Partner** with your child's provider by sharing your questions in your *Visit Guide*, and improve the quality of your visit.





# What parents are saying about the *WVP*

Over 3,000 parents were polled on their experience with the WVP:

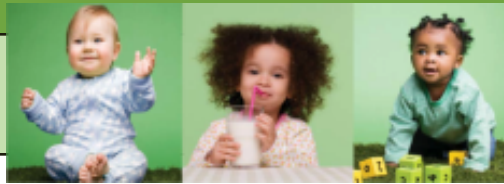
|            |  |
|------------|--|
|            |  |
| <b>92%</b> | Were comfortable with how much time it took to complete the WVP.   |
| <b>92%</b> | Would recommend the WVP to other parents.  |
| <b>92%</b> | Thought the WVP increased the value of their visit.  |
| <b>75%</b> | Thought the WVP was very useful for focusing their time with their provider on what was most important to their family |





# HOW DOES THE WVP WORK?

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# Step 1: The *WVP* questionnaire

Well-visits are the perfect time to help your child's health care provider get to know your child and your family.

The *WVP* asks questions about:

- ✓ **what your child is learning to do**  
(Children develop at different rates, so your child may not be able to do all of these things!)
- ✓ **what concerns you might have**
- ✓ **what is going on in your family** that might affect your child's health

**Step 1**  
**Step 2**  
**Step 3**

**Step 1: Answer a Questionnaire**

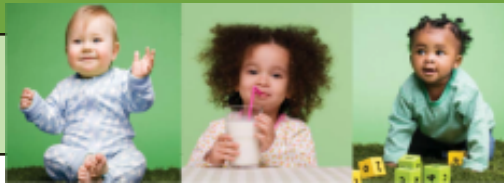
**General Questions about You and Your Child**

1. Share one thing that your child is able to do that you are excited about.

2. Are there any specific **concerns** you would want to discuss at your child's upcoming well-visit?  
 Yes  No  
Please Describe:

3. Have there been any **MAJOR** changes in your family since your child's last well-visit? Check all that apply and describe.

None  
 Move  
 Job change  
 Separation  
 Divorce  
 Death in the Family  
 Other, please describe:

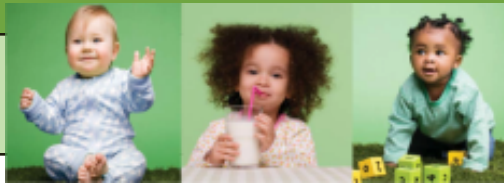


## Step 2: Pick what's important to you

There are many things that could be discussed at a well-visit. Not all of them are important to you right now!

- ✓ Step 2 of the *WVP* will help you think about **the important topics you'd most like to discuss.**
- ✓ Each item on the list has more information if you click on the blue “i” - **this may answer some of your questions ahead of time.**

The screenshot shows the 'Well-Visit Planner' website interface. At the top, there are three navigation buttons: 'Step 1: Answer a Questionnaire', 'Step 2: Pick Your Priorities' (which is highlighted), and 'Step 3: Get Your Visit Guide'. Below the navigation, the 'Step 2: Pick Your Priorities' section is displayed. It includes a heading 'Step 2: Pick Your Priorities' and a sub-heading 'Check [up to 5 topics](#) you want to discuss with your health care provider. (Fewer than 5 is okay!)'. Below this, there is a list of topics with checkboxes and blue information icons (i) next to them. The topics are organized into two sections: 'How you and your family are doing:' and 'How your child is growing and developing:'. The 'How you and your family are doing:' section includes topics like 'Changes or stressors for you and your family', 'Making sure you have someone or someone to turn to for emotional support', 'Taking time for yourself, for your partner and your other children', 'Balancing responsibilities with your partner', and 'Issues related to childcare, such as a nanny, daycare or babysitters'. The 'How your child is growing and developing:' section includes topics like 'Behaviors to expect in the next few months', 'Establishing consistent daily routines and their impact on behavior and sleep', 'Night waking and fussing', 'Back to sleep® and crib safety - avoiding soft toys and bedding', 'Playtime for your baby, including "tummy time" and reading', 'Television - why the experts say no, TV', 'How your baby communicates his needs', 'Your baby's moods and emotions', and 'Tips for calming and relaxing your baby'.



## Step 3: Get your *Visit Guide*

Once you have completed the questionnaire, you'll see your personalized **Visit Guide** that you can print and bring with you to share with your provider. If you don't have a printer, ask your provider if you can email your *Guide* to them!

**WVP VISIT GUIDE: WHAT TO DISCUSS AT JESSICA'S 12-MONTH WELL-VISIT**

**Parents:** Bring this Full Summary Visit Guide to your child's well-visit to help you remember what topics to bring up with your child's health care provider.

*So you don't forget, put this in your purse, wallet or diaper bag now!*

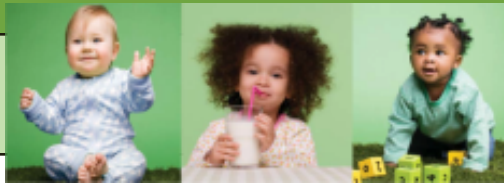
**Note to Dr. Smith:** For more information on the Well-Visit Planner, please see the end of this Visit Guide or visit [www.wellvisitplanner.org/about](http://www.wellvisitplanner.org/about).

**1 Your Priorities to Discuss During Jessica's Visit**  
*Based on the priorities you selected, you may want to talk to your child's doctor about:*

- Time-outs

Questions about **time-outs** that you could ask:

- How long is too long to be in a time-out?
- What if my child will not stay in his time-out?
- My toddler likes to be in his playpen – will he think this is a reward?
- I don't think time-outs are right. What are other strategies that we can use that help my



Your child,  
your well-visit.

[www.wellvisitplanner.org](http://www.wellvisitplanner.org)

Developed by The Child and Adolescent  
Health Measurement Initiative (CAHMI)

[www.cahmi.org](http://www.cahmi.org)

[info@cahmi.org](mailto:info@cahmi.org)