



## Well Visits for 7-10 year olds

Well Visits help make sure your child is growing at the right pace. They also allow you to talk with their doctor to ask about any questions or concerns.



### Well Visit exams include:



#### Routine Check-ups

- Overall health
- Dental, vision, hearing
- Mental health



#### Vaccines

Children may need different vaccines depending on their age.



#### Counseling

Counseling on milestones and safety

Visit [www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules) to see your recommended vaccine chart.

## Ages 7-10: Major Milestones

There are many changes taking place in your child's life between ages 7-10. Physical, social, and mental skills develop quickly. Children who feel good make better choices for themselves.

You may also start to notice these changes:

- Growing to be more confident and independent.
- Taking more time on their appearance- like clothing and hair.
- Learning more ways to describe their thoughts and feelings.

## Adverse Childhood Experiences (ACE's) and Health

Health starts with hope. To support you and your family, your doctor may ask questions about ACE's. Having this talk opens the door for help.

Here are some examples of ACE's:

- Separation or divorce.
- Incarcerated household member.
- Domestic violence.
- Abuse or neglect.

*This screening is for children and adults. Learn more at [www.acesaware.org](http://www.acesaware.org)*

## Important Resources

**HPSJ/MVHP Customer Service**  
1-888-936-7526, TTY 711

**HealthReach 24/7 Nurse Advice Line**  
1-800-655-8294



**Learn more about Well Visits:**  
[www.hpsj.com/well-visit](http://www.hpsj.com/well-visit)



**Behavioral Health Services**  
1-888-581-7526  
[www.hpsj.com/bhs](http://www.hpsj.com/bhs)