

# Keeping Your Child On Track During COVID-19



Ask your health care provider about early childhood screenings at 9 months, 18 months, and 24 or 30 months.

**Taking care of your child may look different during the COVID-19 pandemic, but your health care provider is there to help.**

**Well-child visits make sure your child is on track for healthy development, and may include screenings and vaccinations.**

## Visits Should Continue In Person During COVID-19.

The American Academy of Pediatrics (AAP) says well-child visits should be in person during COVID-19. This is to make sure your child meets developmental milestones and gets vaccinations to stay healthy. Before you go into the office, you can ask your health care provider how they are keeping the office clean and their patients safe.

## Developmental Screenings Are Important For All Children.

The AAP recommends all children be screened three times before age 3. The first years of life are when our brains develop the most, and screenings can help to find and treat any concerns early. To track your child's development, you can use this free resource: [www.cdc.gov/ncbddd/actearly/milestones-app.html](http://www.cdc.gov/ncbddd/actearly/milestones-app.html)



## All Screenings Are Quick And Confidential.

Screenings only take 3 to 10 minutes. You will answer questions on a form, and your health care provider will review your answers with you during the visit. If you have any questions about your child's development, you should discuss them with your health care provider. All information is private between you and your health care provider.



Ask your health care provider about developmental screenings for your child today.

## Referrals Are Voluntary.

If a screening during a well-child visit picks up an area of concern, you will be referred to professionals who can help. The professional may be another health care provider, someone in the school district, or a community organization. All referrals are private and you can choose whether to contact these professionals.

## Your Health Insurance Covers All Screenings.

By federal law, all health insurance plans must cover developmental screenings at no cost. Medi-Cal also covers screenings as part of children's preventive services.