



Children's Wellness Guidelines

ROUTINE CHILDREN'S IMMUNIZATION SCHEDULE										
VACCINE	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	1.5 – 3 YEARS	4 – 6 YEARS
Hepatitis B (HepB)	•	•						•		
Rotavirus (RV)			•	•	•*					
Diphtheria, Tetanus and Pertussis (DTaP)			•	•	•			•		•
Haemophilus Influenzae Type b (Hib)			•	•	•*		•			
Pneumococcal Conjugate (PCV)			•	•	•		•			
Inactivated Polio Vaccine (IPV)			•	•			•			•
Influenza (Flu)					• Recommended yearly starting at age 6 months, with two doses given the first year					
Measles, Mumps and Rubella (MMR)							•†			•†
Varicella (Chickenpox)							•			•
Hepatitis A (HepA)							• First dose: 12 – 23 months • Second dose: 6 – 18 months later			

Live a Healthy Lifestyle

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- Check your child's body mass index percentile regularly beginning at age 6.
- Conduct a yearly wellness exam beginning at age 3.
- Test vision at least once between the ages of 3 and 5.

• One dose ■ Range of recommended dates

*Number of doses needed varies depending on vaccine used. Ask your child's doctor.

†Measles, mumps and rubella (MMR) vaccine. (Minimum age: 12 months for routine vaccination) Routine vaccination is a two-dose series at 12 – 15 months and 4 – 6 years. The second dose may be given as early as four weeks after the first dose.

RECOMMENDED IMMUNIZATIONS FOR AGES 7 TO 18					
VACCINE	7 – 10 YEARS	11 – 12 YEARS	13 – 15 YEARS	16 YEARS	17 – 18 YEARS
Tetanus, Diphtheria and Pertussis (Tdap)		•			
Human Papillomavirus (HPV)*		•			
Meningococcal (MCV)		•		•	
Influenza (Flu)	Yearly				

Tweens and Teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations.

These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity.
- Avoiding alcohol, smoking and drugs.
- The impact of sexual activity and sexually transmitted disease.

• One dose Range of recommended dates

*The Centers for Disease Control and Prevention recommends all 11- to 12-year-olds receive a two-shot series of HPV vaccine at least six months apart. A three-shot series is needed for those with weakened immune systems and those ages 15 and older.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent organizations that offer health information you may find helpful.

Focus on life. Focus on health. *Stay focused.*

