Did you know that children should get at least 60 minutes of exercise a day?* That’s quite a bit more than adults need!

Of course, children have very different health needs than adults—different nutrition, sleep, exercise, immunization and screening requirements. Plus, children constantly change, vary in their communication skills and react differently to medications.

For your younger family members, you need a doctor you can trust—someone with the compassion, patience and specialized training your child deserves.

**Regular Health Maintenance**

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy.

We recommend visits at these ages:
- 2-3 days after discharge from the hospital or nursery
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- Annually after 2 years

*Centers for Disease Control and Prevention, www.cdc.gov/healthyyouth/physicalactivity/facts.htm

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**Our Child & Adolescent Providers**

**Pediatricians**
- **Canyon Park Clinic**
  - Nawal W. Alkharouf, MS, MD, FAAP
  - Alexander M. Hamling, MD, MBA, FAAP
- **Northgate Clinic**
  - Elisabeth Ware, MD

Learn more about our providers who specialize in pediatrics on our website, www.PacMed.org/Peds.

**Family Medicine Providers**

PacMed™ has over 30 family medicine doctors, with several offering obstetrics, conveniently located throughout our nine neighborhood clinics.

These providers also see children of all ages. See them at www.pacificmedicalcenters.org/what-we-do/family-medicine/

Virtual visits may be available for some appointments. Please call 1.888.4PACMED to see if this may be an option for your family.

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For more information, call us at **1.888.4PACMED (1.888.472.2633)** or visit us online at www.PacMed.org.