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
**Nutrition for Children and Teens**

Providing good nutrition for a child or adolescent can be confusing! How do you ensure healthy weight gain or loss? And what about allergies, vitamins, good bone development and sugar intake?

If you have questions—or your doctor has recommended a dietary change—the PacMed team of state-certified dietitians can help. These health-care professionals have specialized expertise in food and nutrition. A dietitian can assess your child’s nutritional needs, develop care plans and provide dietary counseling.

Possible counseling may include:
- Meal planning for busy parents and caregivers
- Weight gain or loss
- Allergies or food intolerances
- Type 1 diabetes
- Iron deficiency
- Healthy snacks that kids like
- Achieving recommended fruit and vegetable servings
- Avoiding empty calories
- Food and fluids for young athletes

Your dietitian will work with your doctor to ensure an integrated nutrition plan.

**Child and Teen Health Care**

At Pacific Medical Centers, our pediatricians and family medicine physicians combine warmth and caring with specialized, advanced training. You’ll find that our practice is structured with you and your child in mind. At PacMed, we want to accommodate your busy schedule and make doctor visits a breeze:
- Saturday hours at some clinics
- Early-morning or late-evening clinic hours available
- Acceptance of most major insurance plans
- Child-friendly waiting rooms with toys and books
- Free parking
- A consistent regional leader in quality health care delivery, as recognized by Washington Health Alliance

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**IMMUNIZATION GUIDE**

Your child’s provider will guide you through recommended dates for a healthy immunization schedule.

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Immunizations</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW BORN</td>
<td>Hepatitis B</td>
</tr>
<tr>
<td>2 MONTHS</td>
<td>Diphtheria/Tetanus/Pertussis (DTaP), Hib, Polio, Pneumococcal, Rotavirus</td>
</tr>
<tr>
<td>4 MONTHS</td>
<td>1-4 mos: Hepatitis B Diphtheria/Tetanus/Pertussis (DTaP), Hib, Polio, Pneumococcal, Rotavirus</td>
</tr>
<tr>
<td>6-9 MONTHS</td>
<td>6 mos: Diphtheria/Tetanus/Pertussis (DTaP), Hib, Pneumococcal, Rotavirus 6-9 mos: Hepatitis B 6-18 mos: Polio</td>
</tr>
<tr>
<td>12-18 MONTHS</td>
<td>Hepatitis A* 12-15 mos: Hib, Pneumococcal, Measles/Mumps/Rubella (MMR) 12-18 mos: Chicken Pox</td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td>Diphtheria/Tetanus/Pertussis (DTaP), Polio, Measles/Mumps/Rubella (MMR), Chicken Pox</td>
</tr>
<tr>
<td>11-12 YEARS</td>
<td>Tetanus/Diphtheria/Pertussis (Tdap), Meningitis</td>
</tr>
<tr>
<td>16-17 YEARS</td>
<td>Meningitis</td>
</tr>
<tr>
<td>9-26 YEARS</td>
<td>Human Papillomavirus (HPV), 3-shot series</td>
</tr>
<tr>
<td>YEARLY</td>
<td>Influenza</td>
</tr>
</tbody>
</table>

* 2 doses, 6 months apart after the first birthday