# PATIENT FLYER: Why your child needs to visit the doctor

Connecting with your healthcare provider for a well check or sick visit may seem scary and unnecessary in a time when we are all trying to minimize contact with one another and minimize the risk of infection. However, it is vital to maintain well visits, especially for children.

***The better your child’s baseline health, the better they will be able to fight infection & stress.***

Well child checks allow you to go over all aspects of your child’s physical and emotional well being. We have been working hard to create ways to safely communicate with your family and minimize in-person time in the office. We have changed the office environment to comply with physical distancing rules and we are deep cleaning regularly to keep you safe. Call us to find out about your options.

***It is vital that your child’s vaccines are up to date.***

Vaccine-preventable illnesses like influenza (flu) and measles not only make you feel miserable when you have them, they also rob your immune system of the ability to fight other infections, including Covid-19. Flu vaccines are especially important if there is an increase in Covid-19 cases during flu season this fall and winter.

***Chronic medical conditions like asthma, allergies or diabetes must be optimally managed so that your child’s baseline health is the best it can be.***

Having a plan in place for when your child is well and sick will make a big difference in how their body is able to fight illnesses.

***While distance learning has been important in keeping our children connected to their incredible teachers and education, it has also created challenges for children who need the vibrant school environment to thrive.***

***Children with learning differences, focus-related issues or other disabilities miss services that help learning.***

Touching base with your pediatrician will allow you to create a plan with your child’s school to best help them succeed.

***Physical distancing, social isolation and the child and family stressors during this pandemic are greatly affecting the mental health of children and their caretakers.***

Loss of caretaker jobs and income, lack of food, unstable housing and other stressors have impacted the social and emotional health of children. Many families are on edge. Children need mental health screenings and treatment in order to address all the factors affecting their overall well-being.

***We want to help your child thrive.***

Call us at (phone number) to make a plan that works for your family! Find more at healthychildren.org.

[*https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-call-thepediatrician-during-COVID-19-even-if-Im-not-sure-my-child-is-sick.aspx*](https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-call-thepediatrician-during-COVID-19-even-if-Im-not-sure-my-child-is-sick.aspx)