



Landeshauptstadt
Mainz

Health check-ups for children

Information for (expectant)
parents

Health check-ups for children

Dear parents, please bring your child

for a free examination
to the pediatrician's office:

- U3** when your child is **one month** old
- U4** when your child is **three months** old
- U5** when your child is **half a year** old
- U6** shortly before their **1.** birthday
- U7** shortly before their **2.** birthday
- U7a** shortly before their **3.** birthday
- U8** shortly before their **4.** birthday
- U9** shortly before their **5.** birthday
- J1** between the ages of **12 and 14**



All the best to you
and your child!



What is done during a health check-up for children?

At every appointment, the pediatrician checks on various things that are important for your child's growth.

For example, the doctor examines:

- ✓ How is your child's **body** doing, i. e.
 - their eyes,
 - their ears,
 - their lungs,
 - their heart,
 - their stomach,
 - their bones and,
 - their blood?

- ✓ How does your child **move**?

- ✓ How does your child **speak**?

- ✓ How does your child **interact with people**?

- ✓ Does your child need a **vaccination** or **other treatments**?

Good to know:

All examinations are paid for by the health insurance companies and are free of charge for you!



Do you have any questions?

Please feel free to contact us!

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E-Mail: fruehehilfen@stadt.mainz.de

Visit our website:

www.mainz.de/fruehe-hilfen-familien



**Netzwerk
Frühe Hilfen
Mainz**

In Mainz, there is the Early Help Network. Various partners working together offer services for pregnant people and families with small children. Find more information about the network here:

www.mainz.de/fruehe-hilfen-fachkraefte

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