

Well-Baby Visits

A Healthy Start for Your Child

What is a Well-Baby Visit?

A well-baby visit is a routine health check-up for babies and young children, even when they are well. These visits help make sure your child is growing, developing, and staying healthy.



Who Can Perform a Well-Baby Visit?

A doctor, nurse practitioner, registered nurse, or midwife are all qualified primary health care professionals trained to perform well-baby visits.



Why Well-Baby Visits Matter

- Track growth & milestones
- Prevent illness with vaccines
- Catch concerns early
- Referral to specialist care if needed
- Get trusted advice for parents
- Build a relationship with your provider

Ontario Well-Baby Visit Schedule

- Within the first week after birth
- 2, 4, 6, 9, 12 and 15 months
- Enhanced 18-month Well-Baby Visit
- Every year from ages 2-5



Scan to Learn more about
Ontario's Enhanced
18-Month Well-Baby Visit



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Thunder Bay District
Health Unit
www.tbdhu.com

At a Well-Baby Visit, a Primary Health Care Provider will:

- Check your baby from head to toe
- Measure weight, height, and head size
- Perform hearing and vision screening
- Track developmental milestones
- Give vaccinations according to Ontario's routine immunization schedule
- Answer parent and caregiver questions
- Provide advice on healthy growth topics like feeding, sleep, safety, and behaviour



**Learn more about
Ontario's Routine
Immunization Schedule at
www.tbdhu.com/lifespanvax**

What if I don't have a Primary Health Care Provider?

The following clinics in Thunder Bay provide well-baby visits for infants with valid Ontario Health Insurance Plan (OHIP) coverage who do not have a primary health care provider:

 **Anishnawbe Mushkiki**
807-623-0383
www.mushkiki.com

 **Lakehead Nurse Practitioner-Led Clinic**
807-475-9595
www.lnplc.ca

 **Matawa Health Co-Op**
807-346-2370
www.matawa.on.ca

 **NorWest Community Health Centres**
807-626-7872
www.norwestchc.org

Not covered under OHIP?

Please contact any of the clinics listed in **yellow** to discuss your care options.