



Good health is a gift anyone would wish for a child, but it doesn't happen without your help.

Some things you can do to help keep your child well:

- Introduce good nutrition at an early age and be a good role model
- Encourage lots of play and physical activity
- Keep up with recommended vaccines

Blue Cross and Blue Shield of New Mexico wants your child to be well.

Children's Wellness Guidelines

Laying the Groundwork for a Healthy Tomorrow

Children's Health

Put your child on the path to wellness. Schedule a yearly Well Child visit with your child's health care provider* and follow immunization guidelines. The health care provider will watch your child's growth and progress and should talk with you about eating and sleeping habits, safety and behavior issues.

According to the Bright Futures recommendations from the American Academy of Pediatrics, the provider should:

- Check your child's Body Mass Index percentile regularly beginning at age 2
- Check blood pressure yearly, beginning at age 3
- Screen hearing at birth, then yearly from ages 4 to 6, then at ages 8 and 10
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12, and 15

Help protect your child from sickness. Make sure they get the recommended vaccinations shown in the charts. If your child has missed vaccinations, ask your health care provider how to catch up.

Learn more from your child's doctor or at [healthychildren.org](https://www.healthychildren.org).

Please note: These recommendations are for healthy children who don't have any special health risks. Take time to check the following summaries of key preventive services.

*A health care provider could be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger

Vaccines and Other Immunizing Agents in the Child and Adolescent Immunization Schedule*

Vaccine and other immunizing agents	Birth	1	2	4	6	9	12	15	18	19-23	2-3	4-6	7-10	11-12	13-15	16	17-18
		mos	mos	mos	mos	mos	mos	mos	mos	mos	years	years	years	years	years	years	years
Respiratory syncytial virus (RSV-mAb [nirsevimab])	1 dose depending on maternal RSV vaccination status (See Notes)					1 dose (8-19 months), See Notes											
Hepatitis B (HepB)	1st dose	2nd dose					3rd dose										
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)		1st dose	2nd dose		See Notes												
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)		1st dose	2nd dose	3rd dose			4th dose					5th dose					
Haemophilus influenzae type b (Hib)		1st dose	2nd dose	3rd dose			3rd or 4th dose										
Pneumococcal conjugate (PCV15, PCV20)		1st dose	2nd dose	3rd dose			4th dose										
Inactivated poliovirus (IPV)		1st dose	2nd dose				3rd dose					4th dose					
COVID-19 (1vCOV-mRNA, 1vCOV-PPS)										See Notes							
Influenza (IV3, CCIIV3)							1 or 2 doses annually									1 dose annually	
Influenza (LAIV3)											1 or 2 doses annually					1 dose annually	
Measles, mumps, rubella (MMR)					See Notes		1st dose					2nd dose					
Varicella (VAR)							1st dose					2nd dose					
Hepatitis A (HepA)					See Notes												
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)																1 dose	
Human papillomavirus (HPV)																	
Meningococcal (MenACWY-CRM ≥2 mos, MenACWY-TT ≥2years)																1st dose	2nd dose
Meningococcal B (MenB-4C, MenB-FHbp)																	
Respiratory syncytial virus vaccine (RSV [Abrysvo])																	
Dengue (DEN4CYD: 9-16 yrs)																	
Mpox																	

Range of recommended ages for all children
 Range of recommended ages for catch-up vaccination
 Range of recommended ages for certain high-risk groups or populations
 Recommended vaccination can begin in this age group
 Vaccination is based on shared clinical decision-making
 No guidance/Not Applicable