



2026 CHILDREN'S WELLNESS GUIDELINES

Children's Health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- ◆ Check your child's body mass index percentile regularly beginning at age 2.
- ◆ Conduct regular well-child appointments at 1, 2, 4, 6, 9, 12, 15, 18, and 24 months. Then yearly beginning at age 3.
- ◆ Test vision at least once between the ages of 3 and 5.

Routine children's immunization schedule

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5 – 3 years	4 – 6 years
Hepatitis B (HepB)	●	●					●			
RSV	● 1 dose at birth or 1 - 19 months, then one dose annually.**									
Rotavirus (RV)			●	●	●*					
Diphtheria, Tetanus and Pertussis (DTaP)			●	●	●			●		●
Haemophilus Influenzae Type b (Hib)			●*	●*	●*		●*		●*	●*
Pneumococcal Conjugate (PCV)			●	●	●		●			
Inactivated Polio Vaccine (IPV)			●	●			●			●
Influenza (Flu)						● Recommended yearly starting at age 6 months				
Measles, Mumps and Rubella (MMR)							●†			●†
Varicella (Chickenpox)							●*			●*
Hepatitis A (HepA)						● 12 – 23 months *				

● One dose ■ Range of recommended dates

*Number of doses needed varies depending on vaccine used. Ask your doctor.

†Minimum age is 12 months for routine vaccination. Routine vaccination is a two-dose series at 12–15 months and 4–6 years.

**Can be given up to age 24 months based on individual risk or healthcare provider recommendation.

Tweens and Teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about a wide range of topics including:

- ◆ Growth and development, the importance of good eating habits, and regular physical activity.
- ◆ Mental and emotional well-being, substance use, healthy relationships and safety.
- ◆ Sexual health including pregnancy and STI prevention.

Recommended immunizations for ages 7 to 18

Vaccine	7 – 10 years	11 – 12 years	13 – 15 years	16 years	17 – 18 years
Tetanus, Diphtheria and Pertussis (Tdap)		●			
Human Papillomavirus (HPV)*	●				
Meningococcal (MCV)		●		●	
Influenza (Flu)	Yearly				

● One dose ■ Range of recommended dates

*The Centers for Disease Control and Prevention recommends all 11- to 12-year-olds receive a two-shot series of HPV vaccine at least six months apart. The vaccine can be given as early as age 9 and is recommended into adulthood for those who haven't been vaccinated. A three-shot series is needed for those with weakened immune systems and those ages 15 or older.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force.



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These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics, independent organizations that offer health information you might find helpful. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.