

Health Checks To Consider For Your Child

Description



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Being able to spot health problems early can allow you to seek treatment early. With children, this can be very important for not just overcoming the problem, but also limiting any damage to your child's development. Below are just some of the key health checks to consider looking into for your child.

Dental check-ups

It's worth regularly taking your children to the [dentist](#) to check on their dental health. Children consume a lot of sugar and don't always have the best dental regime. Dental check-ups can allow you to determine whether your child's teeth are in good condition so that you can limit sugar or enforce a stricter dental routine if necessary.

Children can also experience dental problems as a result of adult teeth coming through incorrectly. In fact, it's usually a good idea to visit a dentist after your child's adult teeth have come through just to check that there are no complications (although ideally you should try to visit a dentist twice per year).

Eye tests

Many children experience loss of vision during childhood. Not being able to see clearly can affect children's [ability to learn](#) by not being able to see the board or not being able to read textbooks clearly. An eye test can help to determine if your child needs glasses so that they can learn at the right pace.

Some schools will carry out eye tests on children. If not, it could be worth booking an eye test at your local optician or with a pediatric specialist. An online search for ["oahu pediatrics"](#) or a similar term tailored to your location will help you find professionals near you who specialize in children's eye care. The experts will conduct a thorough assessment to ensure your child's vision is healthy. [This post](#) lists some of the signs that your child may need glasses.

Hearing tests

On top of testing your child's vision, it could also be worth testing your child's hearing. Impaired hearing can have just as negative an impact on learning and can also negatively affect your child's ability to socialise and communicate.

An audiologist can carry out a hearing test on your child. A hearing aid can then be prescribed to your child if they have hearing loss. You can check out some of the signs of hearing loss in children [here](#).

Tests for genetic conditions

You should be wary of any genetic conditions that run in your family. It could be worth running tests on your kids to determine that they have not inherited these conditions – especially if they could be dangerous if not treated or if they could negatively affect your child's development. A few examples of such conditions include hemophilia, cystic fibrosis, diabetes and heart disease.

A doctor will be able to carry out tests for these conditions. This could allow you to pursue the necessary treatment options for your child early.

Other health checks to consider If you worry that your child may have a condition, it's always worth looking into relevant health checks. For example, if your child is displaying signs of autism, don't be afraid to look into an [autism assessment](#) – it could be essential for giving your child the upbringing they need. Any concerning abnormality is worth seeing a health professional for.

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