The preventive examination for children

During every preventive examination it will be assessed if your children are thriving (height, weight), and the regular physical and mental development as well as the physical integrity of your child will be examined. Attention is also given to indications of improper function of organs. The parents are informed and counseled each time.

U1 Newborn examination
This examination is performed immediately after birth by a pediatrician, obstetrician or midwife. The newborn’s adjustment to life outside the womb is assessed, and severe malformations as well as life-threatening illnesses are ruled out. The newborn receives Vitamin K to prevent bleeding. The administration of Vitamin K is repeated during U2 and U3.

U2 Preventive examination
(between the 3rd and 7th day of life)
During this examination the function of the organ- and nervous system is assessed and attention is paid to malformations. Additional focus points are food intake, consultation on nutrition and breastfeeding as well as education regarding rachitis and carries prophylaxis (Vitamin D and fluoride tablets).

U3 Preventive examination
(between the 4th and 5th week of life)
The focus is on examination of the nervous system and the sensory functions as well as normal development. In the context of assessment of the musculoskeletal system an ultrasound examination of the hips is performed. Frequently consultation about immunizations that are due during the next preventive examination occurs.

U4 Preventive examination
(between the 3rd and 4th month of life)
Particular attention is given to normal development of the sensory organs, establishment of contact with the caregiver(s), voice formation, and whether the child is thriving. The first recommended immunizations are against diphtheria, tetanus, pertussis, haemophilus influenza type B, polio and hepatitis B.

U5 Preventive examination
(between the 6th and 7th month of life)
The focus is on the assessment of motoric development of the auditory- and visual function and speech and language development as well as social interaction with caregivers. In the meantime, all recommended immunizations should have been completed.

U6 Preventive examination
(between the 10th and 12th month of life)
The goal of this examination is to determine the development status. Sensory functions, speech, motor function and behavior are assessed. Additional recommended immunizations are performed frequently.

U7 Preventive examination
(between the 21st and 24th month of life)
The main emphasis is on the assessment of speech- and sensory development, motoric abilities and the development of social behaviour. The parents are questioned as well regarding speech- and hearing ability. This examination is often difficult to perform since children are frequently very fearful and are also in their first ‘defiant phase’.

U7a Preventive examination
(between the 34th and 36th month of life)
This examination pays particular attention to early discovery of visual defects or visual impairments. In addition, attention is given to how extensive the vocabulary is and whether the child can name its body parts. The completeness of required immunizations is checked and the parents are asked if prophylaxis for caries (fluoride tablets) was completed.
Preventive examination (between the 46th and 48th month of life)
The main focus is on assessment of growth; in particular, diseases of the musculoskeletal system should be ruled out. In addition, mental development assessed (concentration and awareness, among others), Behavioural problems, sleep disturbances and potty training will be assessed primarily through questioning of the parents.

Preventive examination (between the 60th and 64th month of life)
Children are assessed with regard to their motoric-, mental-, speech-, and social development as well as the function of their sensory organs. Sleep- and concentration disturbances are explored in conversation with the parents. Necessary immunization boosters should be completed and missing immunizations should be caught up on.

Screening examination
Aside from the preventive examinations, an examination for congenital hormonal- and metabolic disorders as well as a hearing test should be performed. These examinations will be paid for by your health insurance provider as well.

NGS Newborn screening (between the 36th and 48th hour of life)
Congenital, treatable metabolic- and hormonal diseases can be detected early through the examination of a blood drop; serious complications can be prevented this way.

Hearing test
Many maternity clinics conduct auditory screening on newborns. Early diagnosis of a hearing impairment and deafness allows for timely and appropriate therapy.

This is important for the continued positive development of the child.

Important responsibilities for parents - Health protection law for children
This law obligates parents to have the preventive examinations for their child performed at the appropriate time. They can continue to choose their physician as they please.

After the examination, a form is sent to the Hessische Kindervorsorgezentrum (prevention center for children of Hessen) at the University Clinic in Frankfurt, confirming that an examination has been performed on the child (U4-U9). No information regarding the health condition of your child is forwarded.

The Prevention Center for Children invites all children registered in Hessen to participate in their pending examinations. After the examination period is concluded, it determines for which child no confirmation of participation is present. It then reminds the parents of the examination. If the child does not receive an examination even after the reminder, the appropriate Jugendamt (youth- and children protective services) is notified.

The costs for the examinations are covered by the health insurance provider if they are performed within the allocated time period; children are entitled to these examinations. You can also find the time periods on the title page of the yellow examination booklet which was given to you at the birth of your child.

If you have further questions please contact your pediatrician. He/she will provide additional assistance.

Additional information is also available on the website of the Ministry of Social Affairs for Hessen at www.kindervorsorgeuntersuchungen.hessen.de.