

As part of the early detection programme all children should attend 10 different appointments before their 6th birthday in order to be examined by a doctor: i.e. from birth until they attend primary school. It is important that all appointments are kept at an early stage and that nothing is missed out.

## Early detection ...

... and early treatment means: the best start in life from beginning on!

### Therefore ...

- ... make sure you keep all the early detection appointments!
- ... get your child fully vaccinated at an early stage!
- ... make use of the help that is available, if your child has problems with e.g. hearing, seeing or speaking!
- ... discuss issues with your doctor if, with regard to your child's development, you are unsure about anything!

## Other advice leaflets ...

... covering all topics relating to your child's health are published by the Bundeszentrale für gesundheitliche Aufklärung (Federal Centre for Health Education), Cologne.

[kindergesundheit-info.de](http://kindergesundheit-info.de)

Titel	Order no.
Vaccinations – Secure protection for children against infectious diseases.....	11128070
Das Baby .....	11030000
Short. Brief.....	11041500

### Where you can order information from:

In addition, all brochures can be requested from **BZgA, 50819 Cologne**, or accessed online at [www.bzga.de](http://www.bzga.de) or by fax **02 21/8 99 22 57**.

Online, you can find information about children's health at: [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)



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## 10 opportunities for your child

What you should know about the early detection examinations U1 to U9.



Englisch

Accompanying a child growing up doesn't just bring joy and happiness, but also insecurities and worries. An important task of the early detection examinations centres around spotting delayed development at an early stage. As such, they give peace of mind to you as parents and in the case of health issues, your child has the opportunity of receiving help early on.

## Why ...

... are the early detection examinations so important?

### Because ...

- ... this way, your doctor can establish if your child is developing healthily.
- ... this way, illnesses can be diagnosed at an early stage and treated.
- ... at the early detection examinations, a child's vaccination status can be checked and if necessary, vaccinations can be carried out.
- ... this way, your child gets the best start in life from beginning on.

### And by the way:

Your health insurance (Krankenkasse) or social security office (Sozialamt) will bear the costs involved relating to these early detection examinations.

## The first weeks of life



### U1 (after birth)

- Breathing
- Cardiac rhythm
- Reflexes

### U2 (3rd to 10th day of life)

- Internal organs
- Sensory organs
- Early screening for problems related to the child's metabolism
- Screening for problems related to the child's hearing

### U3 (4th to 5th week of life)

- Size, weight, nutritional state
- Hip joints, eye reaction, hearing ability

## The first months of life

### U4 (3rd to 4th month of life)

- Kinesic behaviour and palmar grasp
- Seeing and hearing ability
- Growth, nutrition and digestion
- Checking of the vaccination status/if necessary, protective vaccination

### U5 (6th to 7th month of life)

- Physical development (independent turning from lying on the back to lying on the stomach, grasping for objects)
- Teeth, nutrition
- Checking of the vaccination status/if necessary, protective vaccination

### U6 (10th to 12th month of life)

- Physical development (Crawling, lifting oneself up, first steps)
- Development of the sexual organs
- Speech development
- Hearing test / Sight test
- Behavioural attitudes
- Checking of the vaccination status/if necessary, protective vaccination

## The first years of life

### U7 (1 year + 9 months to 2 years)

- Physical and mental development (e.g. running, bending, sitting up, hearing, seeing, understanding, speaking)
- Checking of the vaccination status/if necessary, protective vaccination

### U7a (2 years + 10 months to 3 years)

- Sight test
- Speech development
- Thorough physical examination
- Checking of the vaccination status/if necessary, protective vaccination



### U8 (3 years + 10 months to 4 years)

- Physical dexterity (e.g. standing on one leg)
- Hearing test / Sight test
- Speech development
- Interpersonal skills, independence
- Checking of the vaccination status/if necessary, protective vaccination

### U9 (5 years to 5 years + 4 months)

- Physical and mental development, movement
- Hearing test / Sight test
- Speech development
- Checking of the vaccination status/if necessary, protective vaccination