



10 opportunities for your child

**What you should know
about the U1 to U9
screening examinations.**

Englisch



Federal Institute
of Public Health

kindergesundheit-info.de

Raising a child is a source of joy and happiness, though also uncertainty. Screening examinations help when it comes to early detection of developmental delays. Giving you some peace of mind as parent or guardian. They provide your child with the opportunity to receive early help for potential problems.

Why ...

... are the screening examinations so important?

Because ...

- ● ● they enable your doctor to check whether your child is developing healthily.
- ● ● they enable illnesses to be diagnosed and treated at an early stage.
- ● ● your child's vaccination status can be checked at the screening examination and vaccines can be administered if need be.
- ● ● you as parents can get some advice on the healthy development of your child.



And by the way:

Your health insurer (Krankenkasse) or social welfare office (Sozialamt) will cover the costs that these screening examinations involve, subject to the appointments being made and attended within the given time frames.



The first weeks of life

U1 AFTER BIRTH

- Breathing and cardiac function
- Size and weight
- Reflexes

U2 3RD TO 10TH DAY OF LIFE

- Internal organs and sensory organs
- Bone and dental development
- Nutrition and digestion
- Screening for congenital disorders

U3 4TH TO 5TH WEEK OF LIFE

- Size, weight, nutritional state
- Hip joints
- Ocular response, hearing
- Vaccination recommendations
- Crying and sleeping



The first months of life

U4 3RD TO 4TH MONTH OF LIFE

- Motor behaviour and grasp reflexes
- Sight and hearing
- Growth, nutrition and digestion
- Accident prevention, safe sleep
- Vaccination status check, vaccination if need be

U5 6TH TO 7TH MONTH OF LIFE

- Physical development and motor behaviour
- Teeth, nutrition
- Behaviour patterns, crying
- Vaccination status check, vaccination if need be

U6 10TH TO 12TH MONTH OF LIFE

- Physical development (crawling, rising up, first steps)
- Speech development
- Sight and hearing
- Behaviour patterns
- Vaccination status check, vaccination if need be

The first years of life

U7 1 YEAR + 9 MONTHS TO 2 YEARS

- Physical and mental development (e.g. walking, understanding, speaking)
- Sensory organs
- Vaccination status check, vaccination if need be

U7a 2 YEARS + 10 MONTHS TO 3 YEARS

- Physical and mental development
- Speech development, sensory organs
- Behaviour patterns
- Vaccination status check, vaccination if need be



U8 3 YEARS + 10 MONTHS TO 4 YEARS

- Physical development and dexterity
- Sight and hearing test
- Speech development
- Interpersonal skills, independence
- Vaccination status check, vaccination if need be

U9 5 YEARS TO 5 YEARS + 4 MONTHS

- Physical and mental development, motor behaviour
- Sight and hearing test
- Speech development and behaviour patterns
- Vaccination status check, vaccination if need be



As part of the screening programme, all children up to the age of six should be examined by a doctor at ten different appointments – from birth to the point at which they start school. It is important to attend all appointments on time and in full.

Early detection ...

... and early treatment mean your child getting the best start in life!

Therefore ...

- • • **make sure you attend all screening appointments.**
- • • **see your doctor if you are unsure or have concerns about your child and get medical advice.**
- • • **get your child fully vaccinated on time.**
- • • **use support services if your child has problems with hearing, sight or speech, for example.**
- • • **ask about support services if your family is under a lot of stress.**



U1 to U9:

Work out the appointments for your child's examinations:

www.kindergesundheit-info.de



kindergesundheit-info.de

Information on how you can monitor and encourage children's healthy development can be found on the BIÖG website: www.kindergesundheit-info.de. It offers special services pertaining to screening examinations and other important childhood health topics to parents, caregivers and professionals.

Parenting guides and information materials on children's health are also available in print free of charge from the Federal Institute of Public Health (BIÖG).
Overview and ordering at:



Imprint

Published by:

Federal Institute of Public Health (BIÖG), Cologne
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Editorial:

Ursula Münstermann

Last updated: 08/2022

Edition: 14.7.11.25

Printing: Environmentally friendly production.

Warlich Druck Meckenheim GmbH, Am Hambuch 5, 53340 Meckenheim

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Article number: 11135470