



10 opportunities for your child

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

Englisch

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung

kindergesundheit-info.de

Accompanying a child growing up brings both joy and happiness as well as insecurities. 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 or guardians 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 check if your child is developing healthily.**
- ● ● **this way, illnesses can be diagnosed and treated at an early stage**
- ● ● **at the early detection examinations, a child's vaccination status can be checked and if necessary, vaccinations can be administered.**
- ● ● **you can also receive counselling on the healthy development of your child.**



And by the way:

Your health insurance (Krankenkasse) or social security office (Sozialamt) will bear the costs involved relating to these early detection examinations. If the appointments are made and kept within the given time periods.



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
- 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
- Prevention of accidents, safe sleep for babies
- Checking of the vaccination status/if necessary, protective vaccination

U5 (6TH TO 7TH MONTH OF LIFE)

- Physical development and kinesic behaviour
- Teeth, nutrition
- Interaction, baby's crying
- Checking of the vaccination status/if necessary, protective vaccination

U6 (10TH TO 12TH MONTH OF LIFE)

- Physical development (crawling, lifting oneself up, first steps)
- Speech development
- Hearing ability and sight
- 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. walking, understanding, speaking)
- Checking of the vaccination status/if necessary, protective vaccination
- Sensory organs

U7a (2 YEARS + 10 MONTHS TO 3 YEARS)

- Physical and mental development
- Speech development, sensory organs
- Social interaction
- Checking of the vaccination status/if necessary, protective vaccination



U8 (3 YEARS + 10 MONTHS TO 4 YEARS)

- Physical development and dexterity (e. g. hopping 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 and interaction
- Checking of the vaccination status/if necessary, protective vaccination



As part of the early detection programme, all children up to the age of six are to be examined by a doctor at ten different appointments – from birth to school enrolment. It is important to attend all appointments on time and in full.

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!
- ● ● speak to your doctor if you are worried or unsure about anything to do with your child.
- ● ● ask about support services if your family is under a lot of stress.



U1 bis U9:
calculate the appointments for
your child's examinations:
www.kindergesundheit-info.de



kindergesundheit-info.de

Online, you can find information about children's health www.kindergesundheit-info.de. 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.

Das Baby order no. 11030000

Short. Brief – Info for parents (English)

order no. 11041500

Vaccinations – Secure protection for children against infectious diseases order no. 11128070

Where you can order information from: In addition, all brochures can be requested from BZgA, 50819 Cologne, or accessed online at <https://shop.bzga.de/> or by fax 02 21/8 99 22 57.



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