

The Baby Checkups “Crib Sheet”

4 to 12 months

This resource summarizes the key elements of each baby checkup from 4 to 12 months to help you prepare for each appointment. You will have a better sense of what to expect, including developmental milestones your doctor may evaluate, the CDC-recommended vaccinations that may be required, and topics to ask baby’s doctor about for each visit. Remember, each baby is different and may achieve milestones at a different pace.

4 MONTH CHECKUP

6 MONTH CHECKUP

9 MONTH CHECKUP

12 MONTH CHECKUP

Milestones

- Supports self on elbows/ wrists when on stomach
- Rolls from tummy to back
- Reaches for everything they see
- Makes a variety of sounds

- Plays with toes
- Brings things to their mouth
- Rolls over in both directions
- Sits assisted with good head control
- Laughs; babbles
- Holds a bottle during feedings

- Gets into a sitting position; sits unassisted
- Stands with assistance
- Responds to their name
- Laughs; squeals with delight
- Copies sounds and gestures
- Uses gestures to communicate

- Pulls self up to stand and cruises
- Uses fingers to feed themselves
- Responds to their name
- Says word(s) with meaning
- Tries to imitate words
- Plays games like peekaboo

Vaccinations

RV • DTaP • Hib
PCV13 • IPV

HepB • RV • DTaP • Hib
PCV13 • IPV • flu*

None, unless your child missed previous vaccines or needs a flu vaccine

HepB • Hib • PCV13 • IPV
MMR • VAR • HepA

Ask about

- Taking time for yourself and your partner
- When to start solids
- Teething remedies
- Sleep training
- How to encourage active play and development

- Any topics from the previous checkups, plus:
- Signs that your baby is ready for solid foods
 - Cleaning baby’s teeth
 - Home and other safety (gates on stairs; don’t leave baby alone in tub; use rear-facing car seat; lock up poisons)

- Any topics from the previous checkups, plus:
- Patience with baby
 - Teaching baby what to do and what not to do
 - Limiting your use of “no”
 - Keeping baby in a highchair while in kitchen

- Any topics from the previous checkups, plus:
- Weaning off bottles and pacifiers
 - Praising good behavior
 - Screen time
 - Including baby in family mealtimes

Vaccination Key

CDC=Centers for Disease Control and Prevention; **DTaP**=diphtheria, tetanus, and pertussis; **HepA**=hepatitis A; **HepB**=hepatitis B; **Hib**=*haemophilus influenzae* type b; **IPV**=inactivated polio vaccine; **RV**=rotavirus vaccine; **MMR**=measles, mumps, rubella; **PCV13**=pneumococcal conjugate vaccine; **VAR**=varicella.

*If flu season.

 Use the reverse side of this page to take notes. →