

The Baby Checkups “Crib Sheet”

Birth to 2 Months

This resource summarizes the key elements of each baby checkup from birth to 2 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.

FIRST CHECKUP AT BIRTH	2 ^{to} 5 DAY CHECKUP	1 MONTH CHECKUP	2 MONTH CHECKUP
<p>Newborn health assessments</p> <ul style="list-style-type: none"> Hearing test Blood test Screenings for jaundice and congenital heart disease 	<p>Milestones</p> <ul style="list-style-type: none"> Startles with sound Focuses on objects within 8 to 15 inches Cries with discomfort; calms to adult voice 	<p>Milestones</p> <ul style="list-style-type: none"> Lifts head briefly when on tummy Brings hands to face Focuses on your face 	<p>Milestones</p> <ul style="list-style-type: none"> Smiles in response to a smile Vocalizes in ways besides crying Turns head toward a sound Notices their hands Can hold head up Kicks when lying on back
Vaccinations			
HepB	HepB (if not already received)	HepB	HepB • RV • DTaP • Hib • PCV13 • IPV
Ask about			
<ul style="list-style-type: none"> Transitioning home from the hospital How/what to feed baby Sleep habits Signs of illness Home and car safety 	<p>Any topics from the previous checkups, plus:</p> <ul style="list-style-type: none"> How you and your family are adjusting Feeding strategies; counting wet and dirty diapers Safe sleep What to do if you have questions after office hours 	<p>Any topics from the previous checkups, plus:</p> <ul style="list-style-type: none"> Use of pacifiers Using vitamin D drops, if breastfeeding When to call the doctor Helping baby fall asleep on their own 	<p>Any topics from the previous checkups, plus:</p> <ul style="list-style-type: none"> How long to exclusively breastfeed before starting solids Whether baby is getting enough tummy time

Vaccination Key

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

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