

# The Baby Checkups “Crib Sheet”

## 4 to 12 months

This resource describes each baby checkup, from when your baby is 4 to 12 months old. It will help you prepare for each visit and have a better sense of what to expect. It lists the CDC-recommended vaccines that may be given at each doctor’s appointment. It also includes topics you may want to discuss with the doctor. It also describes key milestones your baby may be reaching as they age. The word ‘milestones’ refers to the expected behaviors and skills for a baby’s age. 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 without help
- 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 prior 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 prior checkups, plus:
- Signs that your baby is ready for solid foods
  - Cleaning baby’s teeth
  - Safety (gates on stairs; don’t leave baby alone in tub; use rear-facing car seat; lock up poisons)

- Any topics from the prior 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 prior 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. →