

THE **BABY** CHECKUPS GUIDE

A guide designed to help you learn about each checkup from birth to age 2

1 **BABY** **2** **CHECKUPS** **3** **COUNT®**



WHAT YOU CAN EXPECT FROM EACH CHECKUP

At each baby checkup, the doctor or healthcare provider may:

- Conduct a physical exam
- Check your baby's growth
- See if your baby is reaching key milestones. 'Milestones' refer to the expected behaviors and skills for a baby's age
- Give CDC-recommended vaccinations
- Provide information on how to help keep your baby healthy

Make your baby's checkups count

CDC=Centers for Disease Control and Prevention.



TOOLS TO KEEP YOUR BABY ON SCHEDULE

Count on these tools to help you remember your baby's checkups and vaccinations.



Personalized Vaccination Calendar

Create your own schedule for your child's CDC-recommended vaccines. This calendar will be made just for your baby. Go to VaccineCalendar.com.

SOME QUESTIONS TO ASK

Not sure what to ask? Here are some questions you can discuss with your baby's doctor:

- Is my baby growing as expected?
- Is my baby up to date on their CDC-recommended vaccines?
- When is my baby's next checkup?
- What milestones should I expect my baby to reach by their next visit?



- ☆ **Key milestone:** Startles at sound
- 💉 **Vaccinations:** HepB (if not already received)
- 💬 **Ask about:** Feedings (bottle or breastfeeding) and signs of illness

2^{to}5
DAY
CHECKUP

- ☆ **Key milestone:** Briefly lifts head when on tummy
- 💉 **Vaccinations:** HepB
- 💬 **Ask about:** Using pacifiers and vitamin D drops (if breastfeeding)

1
MONTH
CHECKUP

- ☆ **Key milestone:** Turns head toward a sound
- 💉 **Vaccinations:** HepB • RV • DTaP • Hib • PCV13 • IPV
- 💬 **Ask about:** Whether your baby is getting enough tummy time

2
MONTH
CHECKUP

- ☆ **Key milestone:** Rolls from tummy to back
- 💉 **Vaccinations:** RV • DTaP • Hib • PCV13 • IPV
- 💬 **Ask about:** Sleep training

4
MONTH
CHECKUP

- ☆ **Key milestone:** Sits with help, with good head control
- 💉 **Vaccinations:** HepB • RV • DTaP • Hib • PCV13 • IPV • flu vaccine (if flu season)
- 💬 **Ask about:** Introducing solid foods

6
MONTH
CHECKUP

BABY CHECKUPS:

FROM BIRTH TO AGE 2

The American Academy of Pediatrics (AAP) recommends 10 checkups during your baby's first 2 years. Your baby's first checkup will take place in the hospital right after they are born. If you have any questions about your baby's checkup schedule, talk to their doctor.



Some vaccines require multiple doses. They may be given over a range of time. Please refer to the CDC-recommended vaccine schedule on page 3.

- ☆ **Key milestone:** Gets into a sitting position and sits without help
- 💉 **Vaccinations:** None, unless your child missed previous vaccines or needs a flu vaccine
- 💬 **Ask about:** Using toothpaste

9
MONTH
CHECKUP

Vaccination Key

HepB: hepatitis B
RV: rotavirus vaccine
DTaP: diphtheria, tetanus, and pertussis
Hib: *haemophilus influenzae* type b
PCV13: pneumococcal conjugate vaccine
IPV: inactivated polio vaccine
MMR: measles, mumps, and rubella
HepA: hepatitis A

- ☆ **Key milestone:** Pulls up to stand and cruises
- 💉 **Vaccinations:** HepB • Hib • PCV13 • IPV • MMR • Varicella • HepA
- 💬 **Ask about:** Weaning your baby off bottles and pacifiers

12
MONTH
CHECKUP

- ☆ **Key milestone:** Understands simple commands
- 💉 **Vaccinations:** HepB • DTaP • Hib • PCV13 • IPV • MMR • Varicella • HepA
- 💬 **Ask about:** Handling tantrums

15
MONTH
CHECKUP

- ☆ **Key milestone:** Runs
- 💉 **Vaccinations:** HepB • DTaP • IPV • HepA
- 💬 **Ask about:** Signs your child is ready for potty-training

18
MONTH
CHECKUP

- ☆ **Key milestone:** Says more than 50 words
- 💉 **Vaccinations:** HepA
- 💬 **Ask about:** Potty-training

24
MONTH
CHECKUP

1
2
3
BABY CHECKUPS COUNT®

By making it to each of the checkups, you can be sure that your baby is getting the vaccinations they need to help prevent potentially life-threatening diseases. The CDC-recommended vaccination schedule helps protect children against 14 vaccine-preventable diseases by the age of 2. For more information, visit [CDC.gov](https://www.cdc.gov), your online source for childhood vaccination information.



Talk with your doctor about the timing of all vaccinations, and what to do if your baby has missed one or more vaccinations

Shaded boxes indicate the vaccine can be given during shown age range.