

# THE BABY CHECKUPS GUIDE

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

## 1 2 3 BABY CHECKUPS COUNT\*



## WHAT YOU CAN EXPECT FROM EACH CHECKUP

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

- Conduct a physical exam
- Check your baby's growth
- Assess your baby's developmental milestones, the behaviors and expected skills at each age
- Administer CDC\*-recommended vaccinations
- Provide tips and information on how to help keep your baby healthy

## Make your baby's checkups count



\*Centers for Disease Control and Prevention.

## TOOLS TO KEEP YOUR BABY ON SCHEDULE

Count on these tools to help you stay on track with your baby's checkups and vaccinations

This is a reminder about your appointment for the 12-month well visit on 12/17/2019.

### Text4baby\*

Get health education, helpful tips, and important well visit and vaccination reminders delivered to your mobile phone. Text BABY to 511-411 to get started.



### Personalized Vaccination Calendar

Create your own schedule with CDC-recommended vaccinations, personalized for your baby at [VaccineCalendar.com](http://VaccineCalendar.com)

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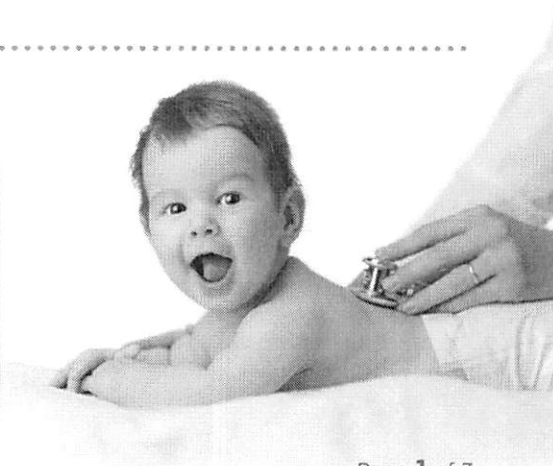
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\*Text4baby: Health information for baby's first year.

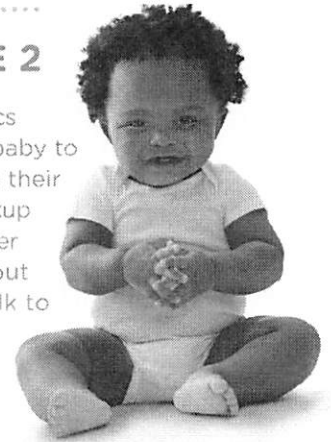
## SOME QUESTIONS TO ASK

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 vaccinations?
- When is my baby's next checkup?
- What milestones should I expect my baby to reach between now and their next visit?



# BABY CHECKUPS



## FROM BIRTH TO AGE 2

The American Academy of Pediatrics (AAP) recommends you take your baby to the doctor for 10 checkups during their first 2 years. Your baby's first checkup happens in the hospital shortly after birth. If you have any questions about your baby's checkup schedule, talk to their doctor.

Some childhood vaccinations require multiple doses, and may be given over a range of time. Please refer to the CDC-recommended vaccination schedule on this page.

- 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 lifting head during tummy time
- Vaccinations:** HepB
- Ask about:** Use of pacifiers and using vitamin D drops, if breastfeeding

1  
MONTH  
CHECKUP

- Key milestone:** Turning 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:** Rolling from tummy to back
- Vaccinations:** RV • DTaP • Hib • PCV13 • IPV
- Ask about:** Sleep training

4  
MONTH  
CHECKUP

- Key milestone:** Sitting assisted with good head control
- Vaccinations:** HepB • RV • DTaP • Hib • PCV13 • IPV • flu vaccine (if flu season)
- Ask about:** Introducing solid foods

6  
MONTH  
CHECKUP

- Key milestone:** Getting into a sitting position and sitting unassisted
- 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:** Pulling themselves up to stand and cruising
- Vaccinations:** HepB • Hib • PCV13 • IPV • MMR • Varicella • HepA
- Ask about:** Weaning your baby off bottles and pacifiers

12  
MONTH  
CHECKUP

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

15  
MONTH  
CHECKUP

- Key milestone:** Running
- Vaccinations:** HepB • DTaP • IPV • HepA
- Ask about:** Readiness signs for toilet training

18  
MONTH  
CHECKUP

- Key milestone:** Saying more than 50 words
- Vaccinations:** HepA
- Ask about:** Toilet training

24  
MONTH  
CHECKUP

1  
2  
3  
**BABY CHECKUPS COUNT<sup>®</sup>**

# COUNT ON THE CDC VACCINATION SCHEDULE TO HELP GIVE YOUR BABY A HEALTHY START

By making it to each of the checkups, you can be sure that your baby is getting the vaccinations they need to help prevent 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](http://CDC.gov), your online source for childhood vaccination information.



## BE SURE TO FOLLOW THE FULL CDC-RECOMMENDED VACCINATION SCHEDULE BELOW

For Parents<sup>†</sup>: CDC-Recommended immunizations for children from birth through 6 years old based on 2019 CDC schedule

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

Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 years
HepB	HepB				HepB					
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib	Hib					
		PCV13	PCV13	PCV13	PCV13					
		IPV	IPV		IPV					IPV
					Influenza (Yearly)*					
					MMR					MMR
					Varicella					Varicella
					HepA <sup>§</sup>					

Shaded boxes indicate the vaccine is recommended to be given during shown age range.

**Note:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

\*Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against hepatitis A. Children and adolescents who did not receive the HepA vaccine and are at high risk should be vaccinated against hepatitis A.

†If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

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

This content was adapted by Pfizer from the CDC's 2019 childhood immunization schedule.

<sup>†</sup>This is a resource intended for parents or caregivers; there is a more detailed healthcare professional version of the schedule available on the CDC website.

