

BABIES HEALTH JOURNEY

**HEALTHY KIDS, HEALTHY FUTURES:
FROM BIRTH TO 2 YEARS OLD.**



Congratulations!

Whether this is your first baby or your third, you want the best for your children. You work hard to give them everything they need. Their health is the most important gift you can protect. Checkups aren't just for when your baby is sick, they help doctors make sure your baby is growing strong, hitting milestones, and staying healthy for the future.

This roadmap guides you for the first 24 months. Use it to stay on track.

START TODAY, *NOT MAÑANA.*

“ ”

**“ When I became a mom, I WORRIED ABOUT EVERYTHING.
The checkups have become the one place where I feel supported and
reassured. They help me keep my baby healthy and growing.”**

Sofía, San Antonio local and mother of three.

1

TAKE YOUR FIRST STEPS

- Schedule your baby or child's next checkup.
- Find a health provider.
- Bring your questions to the visit.
- Update vaccine records and check for missing doses.

2

NO INSURANCE?

Check out Medicaid or CHIP (The Children's Health Insurance Program) for free or low-cost coverage.

**Wellness
Cultura.org**



3

THE BASICS

- Check-ups and screenings (Dental Visits, start at 12 months)

- Vaccines
- Mental health
- Lifestyle



4

CHECK-UPS & SCREENINGS

Your child will visit a health provider around 10 times for well-child visits between birth and 2 years of age.



BABIES CHECKUP SCHEDULE: FROM BIRTH TO 2 YEARS

Your baby will visit the health provider the first week after birth, then at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months.

At every visit, the doctor checks:



Weight, length, and head size: is your baby growing well?



Safe sleep practices.



Developmental milestones: rolling, sitting, crawling, walking, talking.



Breast feeding, formula feeding and starting solid foods.



Vision and hearing.

5

YOUR WHOLE MENTAL HEALTH



Postpartum depression screening for mom, because mental health is important.

6

GROWING HEALTHY



Healthy food, a safe home, and plenty of talking, reading and playing. All help with your child's wellbeing.

VACCINES

Your baby gets vaccines to protect against serious diseases. They are safe and they keep your child healthy. The provider will explain each one.

2-6 MONTHS

- Respiratory syncytial virus (RSV), at birth up to 8 months (If there is a risk for severe RSV disease, it may be recommended for age 8-19 months)
- Rotavirus (RV) (Dose 1 at 2 months; dose 2 at 4 months)
- Diphtheria, Tetanus and Pertussis (DTaP) (Dose 1 at 2 months; dose 2 at 4 months; dose 3 at 6 months)
- Haemophilus influenza type B (Hib) (Dose 1 at 2 months; dose 2 at 4 months)
- Hepatitis B (Dose 1, at birth, dose 2 at 1-2 months; dose 3 at 6 months)
- Pneumococcal (PCV) (Dose 1 at 2 months; dose 2 at 4 months; dose 3 at 6 months)
- Polio (IPV) (Dose 1 at 2 months; dose 2 at 4 months; dose 3 at 6 months)

12 MONTHS

- Hepatitis A (dose 1 at 12 months)
- Measles, mumps and rubella (MMR) (12 months)
- Haemophilus influenza type B (Hib) (Booster between 12-15 months)
- Pneumococcal (PCV) (Booster between 12-15 months)
- Varicella (Chickenpox) (12-15 months)

15 MONTHS

- Diphtheria, Tetanus and Pertussis (DTaP) (Booster between 15-18 months)

18 MONTHS

- Hepatitis A

YEARLY

- COVID-19
- Flu

Each of these vaccines teach your babies immune system to defend against infections. Note that some of these vaccines are given together in one shot. To learn more about infant vaccines, visit [The American Academy of Pediatrics](https://www.aap.org).



SCREENINGS

To keep your toddler's health on track, take advantage of every well-child visit

NEW- BORNS

- Developmental milestones
- Hearing test (at birth)
- Heart test (critical congenital heart disease, at birth)
- Newborn screening (at birth and at 2 weeks of life)

12 MONTHS

- Developmental milestones
- Anemia risk screening
- Lead exposure risk screening
- Eye screening
- Tuberculosis (TB) screening

15 MONTHS

- Developmental milestones

18 MONTHS

- Developmental milestones
- Autism screening

YEARLY

- Developmental milestones
- Autism screening



THEY DEPEND ON YOU. WE ARE HERE TO SUPPORT!



MY BABY AND TODDLER'S HEALTH CHECKLIST

Baby's Name

Age:

AT EVERY VISIT:

- | | |
|---|---|
| ☐ Height, weight check | ☐ TB Risk Screening |
| ☐ Development/Milestones | ☐ Mental health check from Mom
(anxiety/depression) |
| ☐ Vision and hearing | ☐ Safety Talk |

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BASE ON AGE:

- | | |
|--|--|
| ☐ Newborn Screenings (first week) | ☐ Autism Screening (18 & 24 months) |
| ☐ Lead Screening (12 & 24 months) | ☐ Vaccines due (birth - 24 months) |



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