



BABIES HEALTH JOURNEY

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

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. For resources visit:

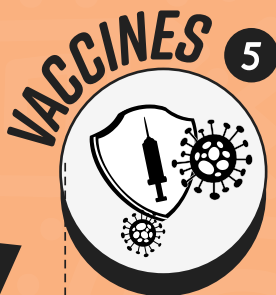
**Wellness
Cultura.org**



- Check-ups and screenings
- Vaccines
- Mental health
- Lifestyle



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



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



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.

7



BABIES CHECKUP SCHEDULE:



FROM BIRTH TO 2 YEARS

AT EVERY VISIT, THE DOCTOR CHECKS:

- First week after birth, then at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months.
- Weight, length, and head size: is your baby growing well?
- Developmental milestones: rolling, sitting, crawling, walking, talking.
- Breast feeding, formula feeding and starting solid foods.
- Safe sleep practices.



VACCINES

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.

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

24 MONTHS

- Developmental milestones
- Autism screening

THEY DEPEND ON YOU. WE ARE HERE TO SUPPORT!



CUT HERE — BRING TO YOUR APPOINTMENT



MY BABY AND TODDLER'S HEALTH CHECKLIST

Baby's Name

Age:

AT EVERY VISIT:

- Height, weight check
- Development/ Milestones
- Vision and hearing

- TB Risk Screening
- Mental health check for Mom (anxiety/depression)
- Safety Talk

BASE ON AGE:

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