

### One Month Check Up

#### Immunizations

See Schedule for Immunizations

#### Feeding

- Breast Feeding  
Feedings every 1.5 to 3 hours or at least 8 feedings in 24 hours  
Feedings last 15-20 minutes each time
- Bottle Feeding  
Feedings every 2-4 hours or at least 6 to 8 feedings in 24 hours  
Feedings typically consist of 1-3 oz

#### Bathing

- Until umbilical cord falls off, only sponge bathe the baby
- After umbilical cord falls off, bathe baby every few days. If dry skin is a concern, mild cream may be used, such as Cetaphil

#### Sleeping

- Expect your newborn to sleep 16-21 hours per day
- During the day, awaken baby every 3 hours for feedings
- Please remember that co-sleeping is a risk factor for SIDS
- Do not place anything in your baby's crib (except for your baby)

#### Safety

- Make sure your baby is properly restrained in a car seat
- Avoid exposure to sick children or adults
- Encourage hand washing for anyone around your baby
- Contact your pediatrician if your baby has a temperature of 100.4 or higher

**It's not too early to read aloud to your baby. Numerous studies are showing benefits to parent and child.**

## Two Month Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Breast Feeding  
Feedings every 2 to 4 hours or on demand  
You may need to pump or formula feed if mom is working
- Bottle Feeding  
Feedings typically every 4 hours or on demand

### Sleeping

- Baby may start to sleep 4 to 8 hours at night
- Continue putting baby on back to sleep
- Start to develop a schedule

### Development

- Baby will start to coo
- Develops a social smile
- Looks at parents and tracks objects in his/ her line of sight
- Holds head up while on stomach
- Continues to benefit from your reading aloud to him/her

### Safety

- Make sure your baby's car seat is rear facing
- Keep small objects out of reach
- Never leave baby unattended on elevated surface or in bath

## Four Month Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Breast Feeding  
On demand, typically 4-6 feedings a day
- Bottle Feeding  
On demand, typically 4-6 bottles a day

### Starting Solids

- You may introduce rice cereal at this time, if your baby is showing signs of readiness
- Signs of readiness include: decreased tongue thrust reflex, holds heads up on forearms, opens mouth easily, sits with support
- Once baby masters using a spoon, you can start Stage 1 Fruits and Vegetables-Start with vegetables because the sweetness of the fruit can cause the vegetables to be bitter. Only introduce one food at a time for allergy reasons. Introduce a new food every three days.

### Sleeping

- Baby may start to sleep 6 to 10 hours a night
- Continue putting baby on back to sleep
- Put baby in crib when drowsy to allow to self-soothe
- Develop a daytime schedule

### Development

- Smiles spontaneously
- Enjoys social interactions
- Brings hands together
- Likes to put hands in mouth
- Drools
- Babbles vowel sounds and other noises
- May start to purposely roll over
- Continues to benefit from your reading aloud to him or her



## Safety

- Make sure baby's seat is rear facing
- Age appropriate sunscreen should be used if sun exposure is expected
- Never leave baby unattended on elevated surfaces or in bath
- Keep small objects out of reach

## Six Month Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Breast Feeding: On demand, typically 4-6 feedings a day
- Bottle Feeding: On demand, typically 4-6 feedings a day.

### Starting Solids

- If not already doing so, start feeding your baby rice cereal and/or Stage 1 Fruits and Vegetables with a spoon 2-3 times a day
- Allow baby to eat until finished
- You may also start finger foods at this age; however, remember to always feed your baby in a seated position
- If your water supply is from a well, ask about a fluoride supplementation

### Sleeping

- Baby may start to sleep 6 to 8 hours a night
- Continue putting baby on back to sleep unless baby can roll over and prefers tummy
- Nap schedule more stable
- Secure or remove all crib bumpers

### Development

- Recognizes familiar faces
- Uses different vowel sounds and begins to use consonant sounds
- Holds head up well
- Starts to sit alone
- May begin to crawl around
- Stranger anxiety
- Baby continues to benefit from your reading aloud to him or her

## **Safety**

- Make sure your baby's car seat is rear facing
- Start childproofing your home
- Age appropriate insect repellants are now safe to use
- Keep small objects out of reach as your baby will begin to put objects in his or her mouth
- Remember water safety and be aware of potential ingestions/poisonings

## **Nine Month Check Up**

### **Immunizations**

See Schedule for Immunizations

### **Feeding**

- Breast Feeding  
On demand, typically 4 feedings a day
- Bottle Feeding  
On demand, typically 4-5 bottles a day

### **Solids**

- You should be feeding your baby a combination of pureed foods (Stage 2) and finger foods at least 3 times a day
- Allow your baby to determine when he or she is finished
- If your water supply is from a well, continue fluoride supplementation

### **Sleeping/Hygiene**

- Most babies will sleep 8-10 hours at night and take 2-3 daytime naps
- Nighttime awakenings may increase due to separation anxiety
- Develop a consistent bedtime routine and allow baby to put self to sleep
- Try not to pick up or talk to your baby during nighttime awakenings, but briefly soothe and allow baby to put self back to sleep

### **Development**

- Lots of social interaction
- Stranger anxiety
- Separation anxiety
- Using lots of sounds
- Developing object permanence
- Plays “peek-a-boo” and “so big”
- Crawls, pulls to stand, cruises
- Continues to benefit from your reading aloud to him or her



## Safety

- CHILDPROOF your baby's environment
- Water safety/accidental falls/poisonings
- Make sure your baby's car seat is rear facing
- Age appropriate sunscreen and insect repellants are safe to use

## Twelve Month Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Breast Feeding: On demand, typically 4 feedings a day
- Bottle Feeding: Wean to cup, change to whole milk, provide 3 dairy servings daily

### Solids

- Most babies will be on table/finger foods and self-feeding with hands
- A portion size is about the size of your baby's fist
- Avoid peanut butter until 9 to 12 months, as long as no family history of allergy
- If your water supply is well, continue with fluoride supplementation

### Sleeping/Hygiene

- Should be sleeping through the night with only occasional nighttime awakenings
- 1 to 2 naps per day
- Continue a consistent bedtime routine and allow baby to put self to sleep
- Start brushing teeth at bedtime to develop good hygiene

### Development

- May be walking
- Stands alone
- Likes to imitate sounds and gestures
- Waves bye-bye
- 1-2 non-specific words
- Separation anxiety continues
- Follows simple directions
- Benefits from your reading aloud to him or her

### Safety

- Age appropriate sunscreen and insect repellants are safe to use
- Remember to CHILDPROOF your child's environment
- Remember water safety and be aware of potential ingestions/poisonings

## **Fifteen Month Check Up**

### **Immunizations**

See Schedule for Immunizations

### **Feeding**

- Should be on table/finger foods
- Self-feeding should be improving and you may introduce utensils
- Your baby should no longer be receiving bottles. However, if you are still weaning to a cup, make sure bottles are NOT given at bedtime
- If your water supply is from a well, continue fluoride supplementation

### **Sleeping/Hygiene**

- May start to have night terrors
- May wean to 1 nap a day
- Continue brushing teeth at bedtime to develop good oral hygiene
- Continue a consistent bedtime routine

### **Development**

- Points/Grunts/Pulls others to wanted items
- 1-2 non-specific words other than “Mama” and “Dada”
- Walks well/stoops and recovers easily
- Follows simple commands
- Starts to have tantrums
- Able to drink from a cup
- Benefits from reading time

### **Safety**

- Car seat safety-Keep up with current AAP guidelines
- Age appropriate sunscreen and insect repellent are safe to use
- Remember gun safety
- Keep sharp and small objects out of reach
- Remember water safety
- Be aware of potential ingestions/poisonings

## **Eighteen Month Check Up**

### **Immunizations**

See Schedule for Immunizations

### **Feeding**

- Start to use utensils better
- Offer wide variety of foods with different tastes and textures
- Don't give up if your toddler refuses a new food
- Toddlers may need to see and play with new foods before trying them
- If your water supply is from a well, continue with fluoride supplementation

### **Sleeping/Hygiene**

- May still have night terrors
- Continue a consistent bedtime routine
- Continue brushing teeth at bedtime to ensure good hygiene

### **Development**

- Becoming more independent
- Offer 2 choices whenever possible
- Likes to scribble
- Points to at least one body part
- Speaks at least 5-10 words spontaneously/imitates more
- Provide consistent discipline
- Catch them "being good" and offer lots of praise
- Walks well and begins to run
- May start hitting/biting
- Begin "Time Out"
- May begin to show some interest in toilet training
- Benefits from reading time

### **Safety**

- Car seat safety-Keep up with current AAP guidelines
- Age appropriate sunscreen and insect repellent are safe to use
- Remember gun safety



- Keep sharp and small objects out of reach
- Remember water safety
- Be aware of potential ingestions/poisonings

## Twenty Four Month Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Uses utensils fairly well
- Drinks from a cup
- May switch to a chewable multivitamin
- Offer wide variety of foods and offer them repeatedly

### Sleeping/Hygiene

- May be ready to transition to toddler or twin bed
- Continue a consistent bedtime routine
- Continue brushing teeth at bedtime to ensure good oral hygiene
- Schedule first dental exam

### Development

- Imitates adults well
- Pretend play increases
- Parallel play with other children increases
- Vocabulary of at least 50 words
- Uses 2 word phrases
- Enjoys reading
- Makes lines and circles with crayons
- Kicks a ball and jumps
- Follows 2 step commands
- Offer lots of praise
- Consistent discipline and time out
- Toilet training
- Benefits from daily reading time

### Safety

- Car seat safety-Follow AAP guidelines
- Age appropriate sunscreen and insect repellent are safe to use



- Remember gun safety
- Keep sharp and small objects out of reach
- Remember water safety
- Be aware of potential ingestions/poisonings
- Always wear a helmet! Even on tricycles!

## Three Year Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Continue to offer a wide variety of foods
- Continue chewable multivitamin
- Offer at least 3 servings of dairy per day

### Sleeping/Hygiene

- Continue brushing teeth at bed time to ensure good oral hygiene
- Continue a consistent bedtime routine
- May not need a nap daily

### Development

- More imaginative and interactive play
- Identifies self as boy or girl
- Carries on good conversation
- Can name a friend
- Provide consistent discipline
- Toilet trains during the day and possibly at night
- Builds a tower of 6 to 8 blocks
- Draws circle/person with 2 body parts
- READ, READ, READ!

### Safety

- Car seat safety-Follow AAP Guidelines
- Age appropriate sunscreen and insect repellent are safe to use
- Remember gun safety
- Keep sharp and small objects out of reach
- Remember water safety
- Be aware of potential ingestions/poisonings
- Always wear a helmet! Even on tricycles!

## Four Year Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Continue to offer a wide variety of foods
- Continue chewable multivitamin
- Offer at least 3 servings of dairy per day
- Don't force child to "clean" the plate

### Sleeping/Hygiene

- Continue brushing teeth at bedtime to ensure good oral hygiene
- Continue a consistent bedtime routine
- May completely give up a daytime nap
- May or may not be dry at night

### Development

- Describes features of him/herself (gender, age, hair color, etc)
- Gives first and last name
- Speech is clearly understandable
- Hops on one foot
- "Fantasy Play"
- Tells and listens to stories
- Sings songs from memory
- Names at least 4 colors
- Can dress self and brush own teeth
- READ, READ, READ!

### Safety

- Car seat safety-Follow AAP guidelines
- Age appropriate sunscreen and insect repellent are safe to use
- Remember gun safety
- Keep sharp and small objects out of reach
- Remember water safety



- Be aware of potential ingestions/poisonings
- Always wear a helmet! Even on tricycles!

## Five Year Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Limit high calorie snack foods
- Teach child to make healthy food choices
- Provide opportunities for daily exercise

### Development

- Prepare child for school
- Consistent discipline
- Lots of praise
- School adjustment issues possible
- Get to know your child's school teacher
- Determine Kindergarten readiness: Counts to 10, names 4 colors, mature pencil hold
- Draws picture with 6 body parts, can balance on one foot, can copy a square and triangle, can tell a simple story
- Reading to your child continues to be important

### Safety

- Car seat safety-Follow AAP Guidelines
- Remember gun safety
- Remember water safety-formal swimming lessons
- Remember to use a bike helmet with bikes, scooters, skates, skateboards, etc.
- Remember the importance of sunscreen and insect repellent
- Teach stranger safety

## Six Year Check Up

### Immunizations

See Schedule for Immunizations

### Feeding

- Limit high calorie snack foods
- Teach child to make healthy food choices
- Provide opportunities for daily exercise

### Sleeping/Hygiene

- Continue a consistent bedtime routine
- Continue teaching good self-care habits
- May have sleep disturbances if anxious or stressed
- Continue teaching good oral hygiene

### Development

- School progress
- May start to do simple household chores
- Makes friends easily
- Educate about bullying at school and how to handle situations
- Encourage impulse control
- Teach anger management techniques
- Establish family routines and traditions
- Limit TV and video game exposure. Read, Read, Read!
- Get to know your child's teacher
- Stay involved in school activities

### Safety

- Car seat safety-Follow AAP guidelines
- Remember gun safety
- Remember water safety-formal swimming lessons
- Remember to use a bike helmet with bikes, scooters, skates, skateboards, etc.
- Remember the importance of sunscreen and insect repellent
- Teach stranger safety