

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