

The Baby Checkups “Crib Sheet”

Birth to 2 Months

This resource describes each baby checkup, from when your baby is born until they are 2 months old. It will help you prepare for each visit and have a better sense of what to expect. It lists the CDC-recommended vaccines that may be given at each doctor’s appointment. It also includes topics you may want to discuss with the doctor. It also describes key milestones your baby may be reaching as they age. The word ‘milestones’ refers to the expected behaviors and skills for a baby’s age. Remember, each baby is different and may achieve milestones at a different pace.

FIRST CHECKUP AT HOSPITAL

2^{to}5 DAY CHECKUP

1 MONTH CHECKUP

2 MONTH CHECKUP

Newborn health assessments

- Hearing test
- Blood test
- Screenings for jaundice and congenital heart disease

Milestones

- Startles with sound
- Focuses on objects within 8 to 15 inches
- Cries with discomfort; calms to adult voice

- Lifts head briefly when on tummy
- Brings hands to face
- Focuses on your face

- Smiles in response to a smile
- Vocalizes in ways besides crying
- Turns head toward a sound
- Notices their hands
- Can hold head up
- Kicks when lying on back

Vaccinations

HepB

HepB (if not already received)

HepB

HepB • RV • DTaP • Hib • PCV • IPV

Ask about

- Transitioning home from the hospital
- How/what to feed baby
- Sleep habits
- Signs of illness
- Home and car safety

Any topics from the prior checkups, plus:

- How you and your family are doing
- Feeding strategies
- Counting wet and dirty diapers
- Safe sleep
- What to do if you have questions after office hours

Any topics from the prior checkups, plus:

- Use of pacifiers
- Using vitamin D drops, if breastfeeding
- When to call the doctor
- Helping baby fall asleep on their own

Any topics from the prior checkups, plus:

- How long to exclusively breastfeed before starting solids
- Whether baby is getting enough tummy time

Vaccination Key

CDC=Centers for Disease Control and Prevention; **DTaP**=diphtheria, tetanus, and pertussis; **HepB**=hepatitis B; **Hib**=*Haemophilus influenzae* type b; **IPV**=inactivated polio vaccine; **RV**=rotavirus vaccine; **PCV**=pneumococcal conjugate vaccine.

 Use the reverse side of this page to take notes. →