THE BABY CHECKUPS GUIDE

A guide designed to help you learn about each checkup from birth to age 2



WHAT YOU CAN EXPECT FROM EACH CHECKUP

At each baby checkup, the doctor or healthcare provider may:

- Conduct a physical exam
- Check your baby's growth
- See if your baby is reaching key milestones. 'Milestones' refer to the expected behaviors and skills for a baby's age
- Give CDC-recommended vaccinations
- Provide information on how to help keep your baby healthy

Make your baby's checkups count

CDC=Centers for Disease Control and Prevention.



TOOLS TO KEEP YOUR BABY ON SCHEDULE

Count on these tools to help you remember your baby's checkups and vaccinations.



Personalized Vaccination Calendar Create your own schedule for vour child's CDC-recommended vaccines. This calendar will be made just for your baby. Go to

SOME QUESTIONS TO ASK

Not sure what to ask? Here are some questions you can discuss with your baby's doctor:

- Is my baby growing as expected?
- Is my baby up to date on their **CDC-recommended vaccines?**
- When is my baby's next checkup?
- What milestones should I expect my baby to reach by their next visit?



- (x) Key milestone: Startles at sound
- Vaccinations: HepB (if not already received) RSV*
- Ask about: Feedings (bottle or breastfeeding) and signs of illness



- Key milestone: Briefly lifts head when on tummy
- Ask about: Use of pacifiers and using vitamin D drops (if breastfeeding)



- Key milestone: Turns head toward a sound
- Vaccinations: HepB RV DTaP Hib PCV IPV
- Ask about: Whether your baby is getting enough tummy time



- Key milestone: Rolls from tummy to back
- Vaccinations: RV DTaP Hib PCV IPV
- Ask about: Sleep training



- Key milestone: Sits with help, with good head control
- Vaccinations: HepB RV DTaP Hib PCV COVID-19† IPV flu vaccine (if flu season)
- \nearrow Ask about: Introducing solid foods



- *If mother didn't receive an RSV vaccine during pregnancy, or received it within 14 days of baby's birth, it is recommended to give the baby (8 months or younger) one dose of RSV antibody during their first RSV season.
- †Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

Vaccination Key

HepB: hepatitis B **RV:** rotavirus vaccine

DTaP: diphtheria, tetanus, and pertussis **Hib:** *Haemophilus influenzae* type b

PCV: pneumococcal conjugate vaccine COVID-19: coronavirus disease 2019

IPV: inactivated polio vaccine
MMR: measles, mumps, and rubella

HepA: hepatitis A

RSV: respiratory syncytial virus



BABY CHECKUPS:

FROM BIRTH TO AGE 2

The American Academy of Pediatrics (AAP) recommends 10 checkups during your baby's first 2 years. Your baby's first checkup will take place in the hospital right after they are born. If you have any questions about your baby's checkup schedule, talk to their doctor.

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Some vaccines require multiple doses. They may be given over a range of time. Please refer to the CDC-recommended vaccine schedule on page 3.



- Key milestone: Gets into a sitting position and sits without help
- Vaccinations: None, unless your child missed previous vaccines or needs a flu vaccine
- Ask about: Using toothpaste



- (x) **Key milestone:** Pulls up to stand and cruises
- Vaccinations: HepB Hib PCV IPV MMR Varicella HepA
- Ask about: Weaning your baby off bottles and pacifiers



- Key milestone: Understands simple commands
- Vaccinations: HepB DTaP •
 Hib PCV IPV MMR •
 Varicella HepA
- Ask about: Handling tantrums



- (Key milestone: Runs
- **Vaccinations:** HepB DTaP IPV HepA
- Ask about: Signs your child is ready for potty-training



- **Key milestone:** Says more than 50 words
- ✓ Vaccinations: HepA
- Ask about: Potty-training

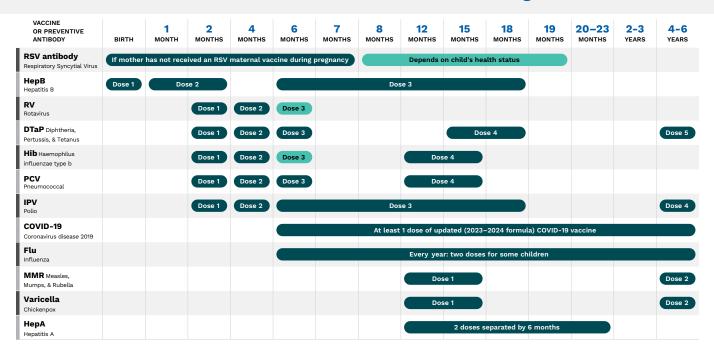
COUNT ON THE CDC VACCINATION SCHEDULE TO HELP GIVE YOUR BABY A HEALTHY START

By making it to each of the checkups, you can be sure that your baby is getting the vaccinations they need to help prevent potentially life-threatening diseases. The CDC-recommended vaccination schedule helps protect children against 16 vaccine-preventable diseases by the age of 2. For more information, visit CDC.gov, your online source for childhood vaccination information.



BE SURE TO FOLLOW THE FULL CDC-RECOMMENDED VACCINE SCHEDULE BELOW

2024 CDC-Recommended Immunizations for Birth Through 6 Years Old*



KEY

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ALL children should be immunized at this age.

SOME children should get this dose of vaccine or preventive antibody at this age.

Talk to your child's healthcare provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection.

2. Your child is traveling outside the United States.

3. Your child misses a vaccine recommended for their age.

U.S. Department of Health and Human Services

Centers for Disease Control and Prevention

FOR MORE INFORMATION

Call toll-free: 1-800-CDC-INFO (1-800-232-4636)

Or visit: www.cdc.gov/vaccines/parents

This content was adapted by Pfizer from the CDC's 2024 childhood immunization schedule.

*This is a resource intended for parents or caregivers; there is a more detailed healthcare professional version of the schedule available on the CDC website

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DTaP=diphtheria, tetanus, and pertussis; HepA=hepatitis A; HepB=hepatitis B; Hib=*Haemophilus influenzae* type b; COVID-19= coronavirus disease 2019; IPV=inactivated polio vaccine; MMR=measles, mumps, and rubella; PCV=pneumococcal conjugate vaccine; RV=rotavirus vaccine; RSV=respiratory syncytial virus.

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