

THE BABY CHECKUPS GUIDE

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

1 BABY 2 CHECKUPS 3 COUNT®



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 your child's CDC-recommended vaccines. This calendar will be made just for your baby. Go to VaccineCalendar.com.

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?



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.

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

2 TO 5
DAY
CHECKUP

- ★ **Key milestone:** Briefly lifts head when on tummy
- 💉 **Vaccinations:** HepB
- 💬 **Ask about:** Use of pacifiers and using vitamin D drops, (if breastfeeding)

1
MONTH
CHECKUP

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

2
MONTH
CHECKUP

- ★ **Key milestone:** Rolls from tummy to back
- 💉 **Vaccinations:** RV • DTaP • Hib • PCV • IPV
- 💬 **Ask about:** Sleep training

4
MONTH
CHECKUP

- ★ **Key milestone:** Sits with help, with good head control
- 💉 **Vaccinations:** HepB • RV • DTaP • Hib • PCV • COVID-19* • IPV • flu vaccine (if flu season)
- 💬 **Ask about:** Introducing solid foods

6
MONTH
CHECKUP

*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

1
2
3
BABY CHECKUPS COUNT®

- ★ **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

9
MONTH
CHECKUP

- ★ **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

12
MONTH
CHECKUP

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

15
MONTH
CHECKUP

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

18
MONTH
CHECKUP

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

24
MONTH
CHECKUP

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 15 vaccine-preventable diseases by the age of 2. For more information, visit [CDC.gov](https://www.cdc.gov), your online source for childhood vaccination information.



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

2023 Recommended Immunizations for Children from Birth Through 6 Years Old^S

VACCINE	Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19–23 MONTHS	2–3 YEARS	4–6 YEARS
HepB Hepatitis B	HepB	HepB			HepB						
RV* Rotavirus			RV	RV	RV*						
DTaP Diphtheria, Pertussis, & Tetanus			DTaP	DTaP	DTaP		DTaP				DTaP
Hib* <i>Haemophilus influenzae</i> type b			Hib	Hib	Hib*	Hib					
PCV13, PCV15 Pneumococcal disease			PCV	PCV	PCV	PCV					
IPV Polio		IPV	IPV	IPV							IPV
COVID-19** Coronavirus disease 2019				COVID-19**							
Flu[†] Influenza				Flu (One or Two Doses Yearly) [†]							
MMR Measles, Mumps, & Rubella						MMR					MMR
Varicella Chickenpox						Varicella					Varicella
HepA[†] Hepatitis A						HepA [†]		HepA [†]			

FOOTNOTES

RV* **Hib***
Administering a third dose at age 6 months depends on the brand of Hib or rotavirus vaccine used for previous dose.

COVID-19** Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

Flu[†] Two doses given at least 4 weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

HepA[†] Two doses of Hep A vaccine are needed for lasting protection. The 2 doses should be given between age 12 and 23 months. Both doses should be separated by at least 6 months. Children 2 years and older who have not received 2 doses of Hep A should complete the series.

ADDITIONAL INFORMATION

1. If your child misses a shot recommended for their age, talk to your child's doctor as soon as possible to see when the missed shot can be given.

2. If your child has any medical conditions that put them at risk for infection (e.g., sickle cell, HIV infection, cochlear implants) or is traveling outside the United States, talk to your child's doctor about additional vaccines that they may need.

Talk with your child's doctor if you have questions about any shot recommended for your child.

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: [cdc.gov/vaccines/parents](https://www.cdc.gov/vaccines/parents)

This content was adapted by Pfizer from the CDC's 2023 childhood immunization schedule.

^SThis 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.

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