

Member Services: 1-800-600-4441 (TTY 711)

Amerigroup On Call/24-hour Nurse HelpLine: 1-866-864-2544 (TTY 711)

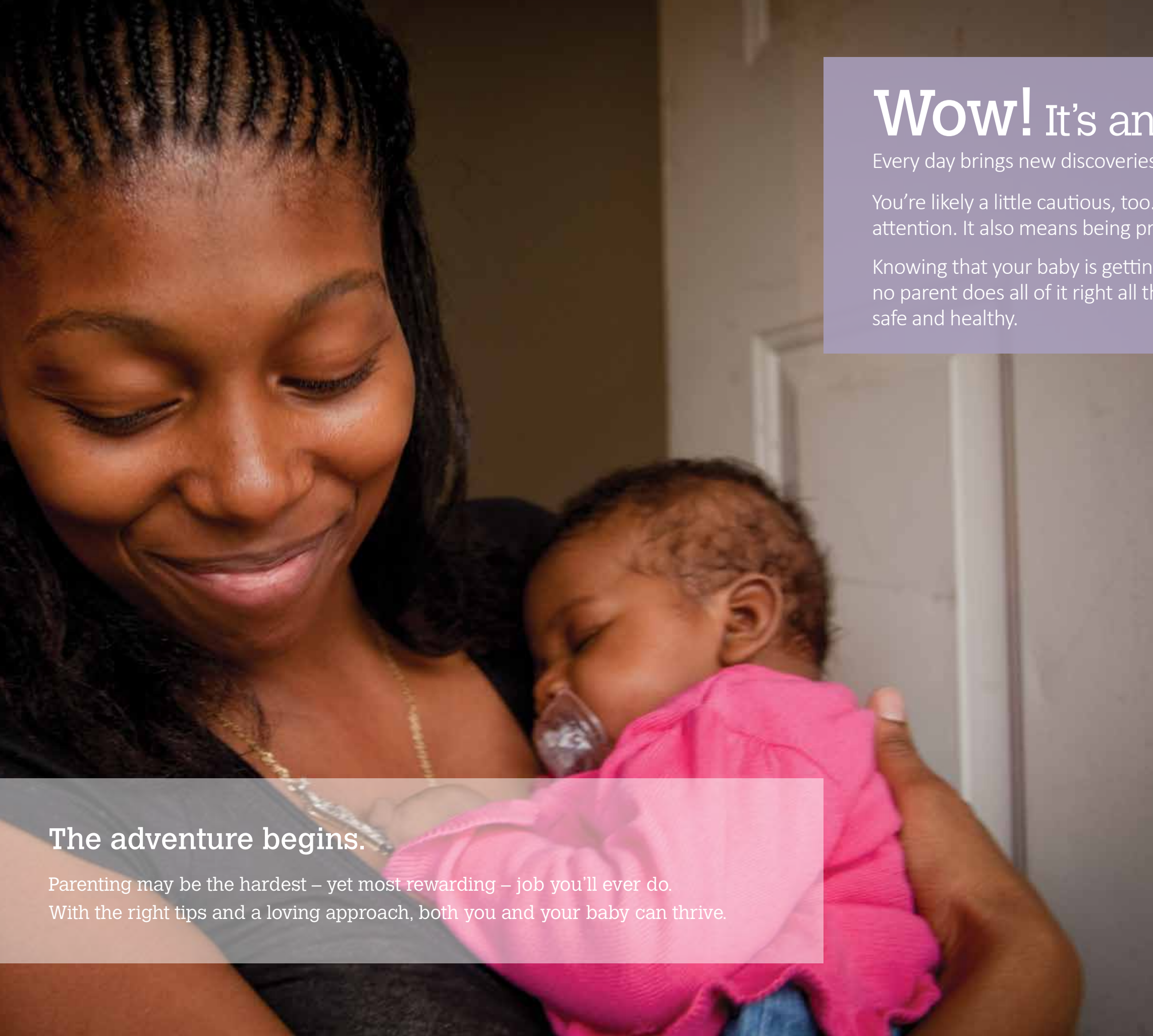


# Nurture

Your guide to keeping your baby safe and healthy

*Taking Care of Baby and Me®*





# Wow! It's an exciting time.

Every day brings new discoveries as you get to know your baby.

You're likely a little cautious, too. Nurturing your baby means giving love, care and attention. It also means being prepared for challenges.

Knowing that your baby is getting the best care you can give feels good. Although no parent does all of it right all the time, you can take steps to help your baby stay safe and healthy.

## The adventure begins.

Parenting may be the hardest – yet most rewarding – job you'll ever do. With the right tips and a loving approach, both you and your baby can thrive.

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## Checklist for new moms

- Set up a first checkup date.**  
Ask your doctor when to set your baby's first checkup.
- Schedule immunizations.**  
Most of the recommended childhood immunizations are given before the age of 2. Ask your baby's doctor when to set appointments to receive them. See the immunization schedule at the end of this booklet.
- Schedule your postpartum follow-up.** It's important to have a follow-up visit with your doctor four to six weeks after delivery. Your health is important to the whole family.
- Take care of important paperwork, such as insurance and Social Security.** Enrolling your baby in your health insurance and getting a Social Security number for your baby are important things to remember.
- Stay active and eat well.** These are great ways to care for yourself and stay healthy.
- Write down important phone numbers.**

### Here's a good place to keep details for:

Your doctor:

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Your baby's doctor:

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Lactation support line:

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### Poison control center:

**1-800-222-1222**



## Your baby's health

A healthy baby. That's the hope of every parent. Simple steps will help ensure that your baby stays healthy and happy.

### Checkups

Working closely with your baby's doctor helps you give the best care. Set up "well-child" visits, which are routine checkups, to make sure everything's on track.

### Immunizations

Immunizations (also called vaccinations or shots) are vital to your baby's health. These are given at your baby's checkups. They help protect your child from illness and diseases. Before immunizations were made, many babies died or grew up with lifelong disabilities from diseases that are now rare.

Some people are concerned that immunizations may cause autism or other serious health problems. But studies have found no evidence that immunizations cause autism. The risk for problems, such as a reaction to the vaccine, is very small compared to the risks from the diseases that immunizations prevent.

### Keep a record

Keep a record of immunizations, which start at birth and continue through adolescence. You'll need these records when it's time to send your child to school.

An immunization schedule shows the recommended vaccinations and ages when they should be given.

## Preventing illness

Babies and young children who have had a cold or the flu can get other infections, too, such as an ear infection.

### To help protect your child from getting sick:

- Wash your hands often, and teach older children to wash their hands.
- Avoid contact with people who are sick.
- Clean your home and your baby's toys often.
- Be sure you and your baby's caregivers have had immunizations.

### Umbilical cord care

After the umbilical cord is cut at birth, a stump of tissue remains on your baby's navel. The stump gradually shrivels until it falls off, usually one to two weeks after birth.

To prevent infection, gently clean your baby's umbilical cord area at least once a day.

- Moisten a cotton swab in warm water and mild soap, and gently clean around the stump.
- Gently pat the area dry with a soft cloth.
- Tell your baby's doctor right away if you see signs of infection. Signs include redness that spreads, increased warmth, a bad smell or pus in the area.

### Tools you can use

For a form you can fill out and take to checkups, see page w.1b.

To see an immunization schedule, go to page 15.

## Self-care for new moms

Feeling overwhelmed, stressed or upset at times is normal. But you'll build skills and ease your worries as your child grows.

Read and learn as much as you can about child development and child care. Knowing what to expect can help reduce any fear of the unknown.

## Taking care of yourself

New parents can stay healthy and happy by:

- Staying active and eating well.
- Finding ways to ease stress, such as taking warm baths or listening to music.
- Visiting friends and loved ones. Make a call, send an email or get together.
- Making a "date" with your partner. This could mean watching a movie when your baby is in bed. When you can, consider going out.

## Maternal depression

Over half of all new mothers get the "baby blues." They feel a little sad, irritable and worried soon after their babies are born. Those feelings usually go away on their own within two weeks.

If you think you have the baby blues, tell your doctor how you're feeling. Let your friends and family support you. Ask them to be even more patient and caring during this time. Give yourself some time to regain your strength.

Maternal depression (also called postpartum depression) is not the "baby blues." Maternal depression can make you feel very sad and hopeless. It often occurs in the first few months after birth, but it can occur up to a year later.

Maternal depression may last for months, but it can be treated.

Doctors think that maternal depression may happen for several reasons. It may happen partly because of the major life changes that occur with birth. Changes in hormone levels that happen very quickly after birth may also be a factor.

## Know the signs

With maternal depression, you may:

- Feel very sad, hopeless or anxious.
- Feel guilty or overwhelmed.
- Feel like you have failed and are unable to take care of your baby.
- Lose pleasure in everyday things.
- Not be hungry and lose weight, or feel hungrier and gain weight.
- Have trouble sleeping. You may have trouble falling asleep or may wake up too early. Or you may feel tired a lot and want to sleep all day.
- Find it hard to concentrate.

Talk to your doctor if you think you might have maternal depression. Treatment can help you get better.



4  
Go to  
Web

To learn more about **immunizations and umbilical cord care**, visit [gotoweb.healthwise.net](https://www.gotoweb.healthwise.net) and type **L698** in the search box.

Go to  
Web

To learn more about **maternal (postpartum) depression** and managing **stress**, visit [gotoweb.healthwise.net](https://www.gotoweb.healthwise.net) and type **Y843** in the search box.

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## Get help

Depression is a serious condition. It can affect some people so much that they think about hurting or even killing themselves or others. If you ever have these thoughts, get help right away — even in the middle of the night.

This includes:

- Calling 911.
- Going to the nearest emergency room.
- Calling the National Suicide Prevention Lifeline at 1-800-273-8255 or going to an online chat at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

## Stress and your child's safety

Taking care of yourself is a key to helping your child stay healthy and safe. Accidents happen most often during stressful times, such as when:

- Parents and children are hungry or tired.
- Another baby is on the way.
- There is an illness or death in the family.
- You have problems with a partner or loved one.
- You have big life changes, such as moving or financial problems.

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**Health experts recommend breastfeeding for at least the first year of a baby's life. Breastfeeding can be a challenge for new moms. Talk to your doctor about support and resources for breastfeeding.**

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## Shaken baby syndrome

Shaken baby syndrome happens when a person shakes a baby so severely that it causes a brain injury. This has lifelong effects and can even cause death. A person who shakes a baby often does not mean to hurt the baby. Some people may become overwhelmed and frustrated when a baby cries for a long time. Your doctor or nurse coach may help you find a support group to help you and your family cope with stress after your baby is born.

## Keeping your baby safe

It's normal for every parent to feel overwhelmed at times. Keeping your baby safe is a big job that takes some planning.

- Babies and young children cannot spot daily hazards on their own.
- Your baby's immune system has not fully developed, which means that he or she needs to be protected from infection.
- Safety issues will change as your baby gets older.
- Your doctor may be able to help you find classes on first aid for infants. The American Red Cross has pamphlets and classes on this topic.

## SIDS and safe sleeping

Sudden infant death syndrome (SIDS) is when a baby who seems healthy dies during sleep. Although SIDS is rare, it is one of the most common causes of death in babies less than a year old. Most babies who die of SIDS are between 2 and 4 months of age.

Go to  
Web

For information on **breastfeeding**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **F133** in the search box.

For more information on **staying active and eating well**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **B836** in the search box.



## Reduce the risk

To help protect your baby from SIDS, always put your baby to sleep on his or her back, including during naps.

When babies sleep on their tummies, they may not breathe well. And babies placed on their sides can easily roll onto their bellies and could have trouble breathing.

Here are some other ways to help protect your baby:

- Don't smoke. Your doctor can help you find ways to quit. This can make a big difference for your baby's health.
- Don't let anyone smoke around your baby. Exposure to smoke can increase your baby's risk for serious problems, including respiratory infections, ear infections, asthma and even SIDS.
- Do not let your baby sleep in the same bed with you or anyone else. Have your baby sleep in a crib in your room for the first six months.
- Use a firm mattress in the crib, without blankets, pillows, soft padding or stuffed toys. Keep the room warm enough so the baby can sleep in lightweight clothes.
- Try giving your baby a pacifier for naps and bedtime. Never put your baby down to sleep with a bottle.

## Call 911 right away

if you think your child is injured or feel that you or someone else may hit or shake your child.



## Car safety

Never leave your child alone in a car. Heat inside a car can cause injury or death in just minutes. Keeping car windows down will not protect your child in hot or warm weather.

## Preventing accidents

No parent can watch a baby's every move or make a home safe all the time. But you can do things to help keep accidents from happening.

Let your baby be curious and explore, but set limits. A baby is too young to understand when a behavior is "bad" or unsafe. You may need to redirect your baby's attention at times. For example, give your baby a toy if he or she tries to pull the dog's tail.

## Car seats

Infant and child car seats save lives. Children who are not in car seats can be hurt or killed during crashes or even by sudden stops at low speeds.

Use a car seat every time your child rides in the car. The safest place for your child is in the back, middle seat.

Make sure the car seat is the right fit for your child's current age, weight or height. For safety, it's very important to have a car seat that fits your child. Be sure to follow the car seat maker's recommendations. They should include weight and height guidelines. They should also tell you how to install the seat and how to secure your child in it.

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For information specific to your child, go to [www.nhtsa.gov](http://www.nhtsa.gov).

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## Falls

Watch for hazards your baby may encounter while learning to scoot, crawl and walk.

- Use sliding gates at both ends of stairs. Only use gates with openings no wider than 2 3/8 inches.
- Install window guards.
- Don't allow children to climb on high furniture.

## Choking

Learn to recognize the signs of choking so you can act quickly. A child who is choking can't talk, cry, breathe or cough.

### To avoid choking:

- Keep small objects such as coins, buttons and deflated balloons out of reach.
- Choose soft foods that can be cut up into small pieces, such as cooked carrots.
- Avoid round or firm foods, such as grapes, nuts and raisins.
- Make sure your child sits while eating.
- Don't let your child eat while walking, playing or riding in a car.
- Don't give your child gum or hard candy.

If a choking baby can cough or make sounds, let him or her cough to try to get the object out.

If you are worried about the baby's breathing, **call 911**.

Go to  
Web

To learn more about what to do if a child over 1 year of age is **choking**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **H584** in the search box.

### If a baby younger than 1 year old can't breathe, cough or make sounds:

- Put the baby face down on your forearm so the baby's head is lower than his or her chest.
- Support the baby's head in your palm, against your thigh. Don't cover the baby's mouth or twist his or her neck.
- Use the heel of one hand to give up to five back slaps between your baby's shoulder blades.
- If the object does not pop out, support your baby's head and turn his or her face up on your thigh. Keep the baby's head lower than his or her body.
- Place two or three fingers just below the nipple line on the baby's breastbone and give five quick chest thrusts.
- Keep giving five back slaps and five chest thrusts until the object comes out or your baby faints.
- If your baby faints, call 911 (if you haven't called by this time). Then:
  - Do not do any more back slaps or chest thrusts.
  - Start CPR. Each time you open the airway, look for an object in the baby's mouth. If you see the object, take it out. But if you can't see an object, don't stick your finger down the baby's throat to feel for it.
  - Keep doing CPR until the baby is breathing on his or her own or until help arrives.

A young child can strangle or suffocate on things around the house.

- Do not let your baby sleep in the same bed with you or anyone else. An adult can easily roll over a child and cause suffocation.
- Remove pillows, stuffed animals, and other objects from the crib. A baby without head control can suffocate if his or her face pushes up against one of these objects.
- Keep cords for blinds and drapes out of reach.
- Cut drapery or blind cords that have loops, or use safety tassels.
- Never use accordion-style gates, which can trap a child's head.
- Be aware of possible suffocation dangers, such as refrigerators and freezers, plastic bags or sacks, and heavy blankets.

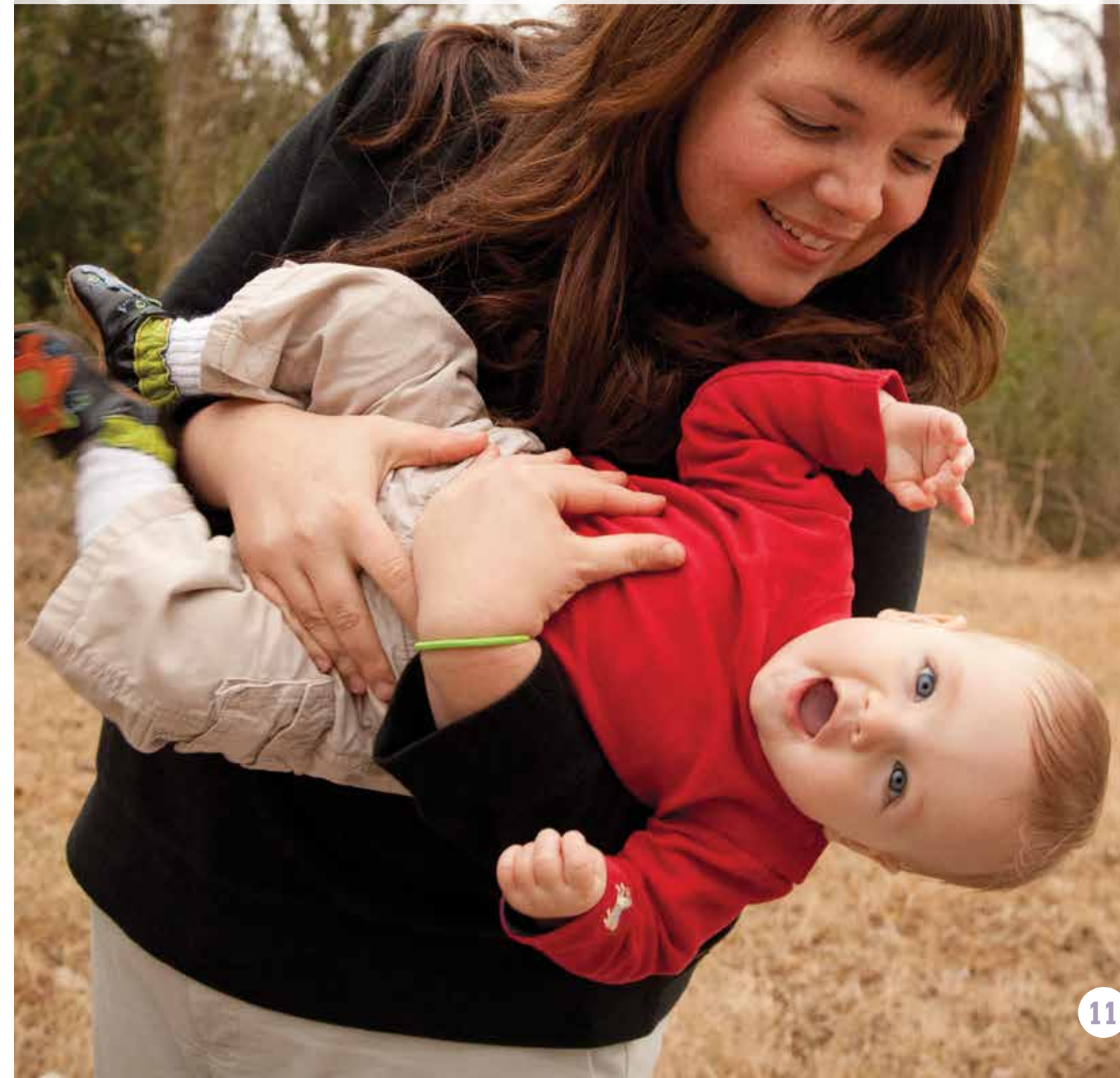
### Fire and burn safety

Use smoke detectors in your home, and practice fire escape routes with your family. Take steps to keep your child from being burned.

- **Heat burns** can be prevented by keeping your child away from fire, steam, hot water and other hot liquids and objects. Avoid setting a hot cup of coffee or tea where a toddler can tip it over and get burned. Remember that a hot bath may feel okay to you but can cause severe burns for a baby.
- **Electrical burns** can be prevented by keeping electrical cords out of your child's reach and using safety covers on all electrical outlets.
- **Sunburns** can permanently damage your child's skin. Keep babies younger than 6 months out of the sun, and dress them in lightweight, long clothing and brimmed hats to prevent sunburn. Keep young children out of the sun and make sure they have sun protection while outdoors.

## First aid and CPR

Learning first aid and CPR (cardiopulmonary resuscitation) can make the difference between life and death. Classes may be offered through your local hospital or fire department.





## Medicine safety

Do not give any medicines to your baby or your child unless your doctor says it's okay. Always talk to your doctor before giving medicines.

## Go to Web

For more information about **health and safety for babies**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **A117** in the search box.

For more information on **SIDS, car seats, cribs and drowning prevention**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **A017** in the search box.

## Water safety

Drowning is a leading cause of injury and death in young children. Never leave your child alone near water.

- **Always supervise baths.** Stay within arm's reach of your baby, even if an older sibling is there. Never leave your baby alone in the tub. Drowning can happen very quickly, and you may not hear any sounds to warn you.
- **Control access to water.** Keep ponds or pools fenced off. Keep toilet lids down, and don't let toddlers go into the bathroom without an adult.
- **Be safe around pools.** Keep your child within arm's reach whenever you are near a pool.
- **Keep water temperature safe.** Avoid burns by lowering the temperature of your home water heater.

## Tools you can use

For a safety checklist for nursery equipment, see page w.1a.

## Safe baby products

Cribs, playpens and high chairs can be risky if broken or used the wrong way.

Make sure your equipment meets current safety standards and have not been recalled. You can check with the U.S. Consumer Product Safety Commission online at [www.cpsc.gov](http://www.cpsc.gov) or by calling **1-800-638-2772**.

- **Cribs** should have less than 2 3/8 inches of space between slats. As your baby grows, lower the mattress and remove mobiles.
- **Playpens** should have spaces in the mesh material that aren't more than 1/4 inch across. Wood slats should measure less than 2 3/8 inches apart.
- **High chairs** should have a wide, stable base. Use safety straps, and stay near your child while he or she is in the chair.
- **Changing tables** should have a 2-inch-high railing on all sides. Always use the safety strap, and keep one hand on your child.
- **Baby walkers** should not be used because of the risk of serious injury or even death according to the American Academy of Pediatrics (AAP).



## Food safety

You can help protect your child from getting sick.

- **Prepare food safely.** Wash your hands, and prepare food in a clean area.
- **Cook safely.** Meat, or food that has touched raw meat, must be cooked thoroughly.
- **Store foods safely.** Refrigerate food, breast milk and formula to prevent bacteria that can cause illness.

## Poisoning

Keep household cleaners, chemicals, medicines, makeup, perfumes, plants and other harmful products out of reach.

If you have a **poisoning emergency**, call **1-800-222-1222** to reach the nearest poison control center.

## Lead

Lead can be very harmful to babies and young children. A child may be exposed to lead by chewing:

- Old paint dust and flakes.
- Toys that have lead in them.
- Jewelry or other items that contain lead.

Older homes, such as those built before 1978, are more likely to have lead-based paint. Have your home tested if you aren't sure.

If there's a risk that your child has been exposed to lead, your doctor may recommend a blood test to check.

## Carbon monoxide

Carbon monoxide is a colorless, odorless gas that comes from burning fuels such as gasoline, oil or wood. High levels of carbon monoxide can quickly harm small children.

Never use a charcoal grill indoors or in a poorly ventilated outdoor area. It can quickly lead to carbon monoxide poisoning.

You can help prevent carbon monoxide poisoning by using a device that monitors levels in your home and by having your heater checked yearly.

## Child care

Before enrolling your child in a day care center, check out the facility and talk with the care providers. Ask questions about their certifications, safety guidelines, food preparations, activities and any possible hazards.

## Recommended immunization schedule\*

Vaccine	Age											
	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years
Hepatitis B	■	■		See footnote 1		■						
Rotavirus (RV)			■ 2-3 dose series**									
Diphtheria-tetanus-pertussis (DTaP)			■	■	■			■		■		
Tetanus-diphtheria-pertussis (Td/Tdap)											■ Tdap	
Haemophilus influenza type b (Hib)		■ 3- to 4-dose series***										
Pneumococcal (PCV)			■	■	■		■					
Inactivated polio virus (IPV)			■	■		■						
Influenza (seasonal flu)					Recommended annually from 6 months to 18 years of age							
Measles, mumps, rubella (MMR)							■			■		
Varicella (chickenpox)							■			■		
Hepatitis A							■ 2-dose series					
Human papillomavirus (HPV)											■ 3-dose series	
Meningococcal (MCV)											■	

■ Shows when vaccines are suggested

**Worried about vaccine safety?** Talk with your child's doctor. Experts have said that today's vaccines are safer than ever. In fact, the greatest risks come when children are not immunized.

<sup>1</sup> You may get an extra dose (4-dose series) at 4 months if the combination vaccine is used after the birth dose.

\* These guidelines are based on recommendations from the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP). They are for individuals of average risk. People who are higher risk such as those in certain racial or ethnic groups or with personal or family medical history should check with his or her health care provider for preventive health guidance.

\*\* Rotavirus — 2- to 3-dose series depending on brand of vaccine used.

\*\*\*Haemophilus influenza type b (Hib) — 3- to 4-dose series depending on brand of vaccine used.

Go to Web

For more information on **preventing poisoning**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **E345** in the search box.

For more information on **choosing child care**, visit [gotoweb.healthwise.net](http://gotoweb.healthwise.net) and type **Y157** in the search box.

## When to call for help

Call your doctor at any time you are worried about your baby's physical or emotional health.

### Be sure to call if:

- Your baby hasn't grown as you thought he or she would or hasn't been eating well.
- Your baby has lost skills he or she used to have, such as crawling.
- Your baby shows signs of hearing problems, such as not responding to your voice or to loud noises.

Your physical and emotional health is very important. Call your doctor if you think you might be depressed or you feel like you cannot care for your baby.

### More resources

- American Academy of Pediatrics at [www.aap.org](http://www.aap.org)
- American SIDS Institute at [www.sids.org](http://www.sids.org)
- KidsHealth at [www.kidshealth.org](http://www.kidshealth.org)

We offer translation and oral interpretation services for all languages at no charge. To get these services, call Member Services toll free at 1-800-600-4441 (TTY 711).

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age who have not had vaccines before, talk with your doctor about catch-up vaccines.

**Pneumococcal (PCV)** – If you have a child between 14 and 59 months who has finished the PCV vaccine series, he or she may need an extra shot. Ask your child's doctor the next time you go for an office visit.

**Influenza (flu), new or updated vaccines** – Refer to [flu.gov](http://flu.gov) or [cdc.gov](http://cdc.gov) for updated vaccine suggestions.

**Human papillomavirus (HPV)** – This vaccine is for girls (HPV2 or HPV4) and boys (HPV4) 11 to 12 years of age, but it may be given as early as 9 years of age. This vaccine can be given up to age 26.

**Meningococcal vaccine (MCV)** – Two doses of this vaccine are given.

The first dose at 11 or 12 years of age and the next dose at 16.



## Worksheets for nurture

### Tools you can use

Nursery equipment safety checklist

#### Safety standards

#### Check if meets standards

##### CHANGING TABLES

Table has safety straps to prevent falls.

##### CRIBS

Slats are spaced no more than 2 3/8 inches apart.

No slats are missing, loose or cracked.

Mattress fits snugly — no more than two finger-widths between edge of mattress and crib side.

Mattress support is securely attached to the headboard and footboard.

Corner posts are no higher than 1/16 inch.

Top edges of the headboard and footboard have no cutouts.

All screws, bolts and other hardware are present and tight.

##### HIGH CHAIRS

There is a crotch strap.

High chair has restraining straps separate from tray.

Tray locks securely.

High chair has a wide base for stability.

Caps or plugs on frame are firmly attached and cannot be pulled off.

Folding high chairs have an effective lock.

##### PLAYPENS

Drop-side mesh playpen or mesh crib has label warning never to leave a side in the down position.

Mesh has small weave (less than 1/4-inch openings) and no tears.

Mesh is securely attached to top rail and floor section.

Wooden playpen has slats no more than 2 3/8 inches apart.

Remove this section and use the worksheet to get ready for your next doctor's appointment.

## Worksheets for nurture

### Tools you can use

Well-baby checkups

Your name: \_\_\_\_\_ Baby's name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Doctor's contact number: \_\_\_\_\_

Date for next vaccination: \_\_\_\_\_

Have you noticed any changes in your baby that concern you?

\_\_\_\_\_  
\_\_\_\_\_

What new skills have you noticed in your baby?

\_\_\_\_\_  
\_\_\_\_\_

What questions do you have?

\_\_\_\_\_  
\_\_\_\_\_

Books or other education recommended by your doctor:

\_\_\_\_\_  
\_\_\_\_\_

Any medicines your child is taking:

\_\_\_\_\_  
\_\_\_\_\_

Instructions from your doctor:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Remove this section and use the worksheet to get ready for your next doctor's appointment.

## Worksheets for nurture

### Baby first year milestones

First time he/she rolled over:

First time he/she sat up:

First time he/she crawled:

First time he/she ate solids:

First smile:

First tooth:

First steps:

First words:

Remove this section and use the worksheet to get ready for your next doctor's appointment.

## Worksheets for nurture

### Notes

Remove this section and use the worksheet to get ready for your next doctor's appointment.