

## The Well Child Visit Schedule

Well child visits are regularly scheduled visits you and your child make to your health care provider. Your child should not be sick when you see your provider for a well child visit. Your provider will use these visits to know you and your child better. During a well child visit, the provider will examine, weigh and measure the height of your child. Your provider will also ask you important questions about your child's life and health. The chart below shows when your provider should see your child.

### Well child visits include:

- Before your baby is born (for first-time parents)
- Before your baby leaves the hospital
- First year - visits at about 2-4 weeks of age and at 2, 4, 6, 9, and 12 months of age
- Second year - visit at 15, 18, and 24 months of age
- Early childhood - yearly visits from 2 to 5 years of age
- Early school years - yearly visits at 6, 8, and 10 years of age
- Teenager and young adult - yearly visits from 11 to 21 years of age

## Your Health Care Provider is Ready to Help

Caring for your baby is a big responsibility. The right care will help your child have a happy and healthy life. For questions about food, your baby's growth or medicine, your provider is the best person to help you. You can also learn about how to care for your child at your local library.



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## A Healthy Start



## Well Child Visits and Shots

Your baby is here and you have many questions. How do I care for my baby? When do I visit the doctor? Does my baby need shots? Some of the answers are in this brochure. It includes tips and helpful hints to make caring for your baby easier. It's a good first step for you and your baby.

National Institutes of Health. Well baby visits. May 5, 2003. Available at <http://www.nlm.nih.gov/medlineplus/ency/article/001928.htm>

Centers for Disease Control. Childhood Immunization Schedule for 2003. May 1, 2003. Available at: <http://www.cdc.gov/nip/recs/child-schedule.pdf>

National Institute of Child Health & Human Development. Babies sleep safest on their backs: reduce the risk of Sudden Infant Death Syndrome. July 1, 2003. Available at: [http://www.nichd.nih.gov/sids/reduce\\_infant\\_risk.htm](http://www.nichd.nih.gov/sids/reduce_infant_risk.htm)

American Academy of Pediatrics. Car safety seats: a guide for families 2003. July 1, 2003. Available at: <http://www.aap.org/family/carseatguide/htm>.

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.

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## Your Baby's Shots

Every child needs shots for a healthy and safe life. The chart below shows the ages your child should receive shots. Ask your doctor to help you.

### Your Child Shots

Age	Name of Shot
Birth - 2 months	HBV
1 - 4 months	HBV
2 months	DTaP, HiB, IPV, PCV
4 months	DTaP, HiB, IPV, PCV
6 months	DTaP, PCV, HiB
6 - 18 months	HBV, IPV
12 - 15 months	MMR, HiB, PCV
12 - 18 months	Varicella
15 - 18 months	DTaP
4 - 6 years	DTaP, MMR, IPV
Every 10 years	Tetanus (Td)

**HBV** = Hepatitis B Vaccine

**DTaP** = Diphtheria, Tetanus and Pertussis

**HiB** = Haemophilus Influenza B

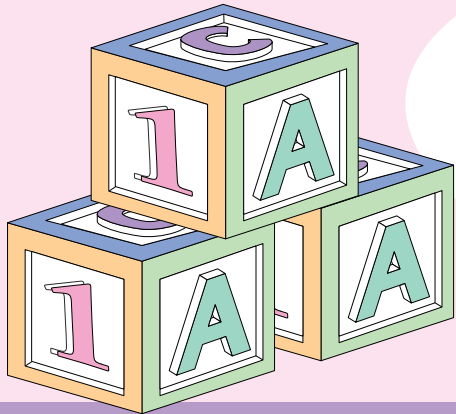
**IPV** = Inactivated Polio Vaccine

**PCV** = Pneumococcal Conjugate Vaccine

**MMR** = Measles, Mumps and Rubella

**Varicella** = Chickenpox

**Td** = Tetanus and Diphtheria



## Baby Care Tips

**Don't worry if you don't know everything about good baby care. You'll learn as your baby grows and changes. If you're not sure, talk to your doctor. Until you do, here are some tips for caring for your baby:**

1. Handle your baby gently. A baby's neck is very weak. Always keep one of your hands under your baby's head for support.
2. Be sure your baby is receiving enough breast milk or formula. Wet diapers are a good way to know your baby has had enough milk. Your baby should have 6 to 8 wet diapers and several bowel movements per day.
3. Help your baby burp at the middle and end of each feeding. You can do this by holding your baby on your shoulder. Then gently pat or rub his or her back.
4. You should change your baby's diapers many times a day. Change the diaper before or after every feeding and when your baby urinates or has a bowel movement. This will help stop diaper rash from happening. It is a good idea to use a diaper rash ointment to help rid your baby of diaper rash.
5. Clean the umbilical cord each time you change your baby's diaper. A cotton swab dipped in rubbing alcohol works well. Keep the umbilical cord dry. Make sure that the baby's diapers do not cover it. The cord will fall off by itself 12 to 15 days after your baby's birth.
6. Your male baby may have been circumcised. If the area is bandaged, then be sure to change the bandage each time you diaper your baby. This will protect him until he heals. This will take 1 week to 10 days. Use a little petroleum jelly to make it easier to remove the bandages. Sometimes a plastic ring, rather than a bandage, is used. The plastic ring will drop off in 5 to 8 days.

7. Dress your baby with layers of light clothing. Layers keep your baby warm when the weather is cooler or cold. Layers also protect your baby from indoor drafts. Babies less than 6 months old should not be in the direct sun. Keep your baby's head covered with a hat when you are outside.
8. When putting your baby to sleep, lay your baby on his or her back. This is the safest sleep position for a healthy baby to reduce the risk of SIDS, or Sudden Infant Death Syndrome. Do not place your baby on his or her side to sleep. Babies who sleep on their sides can roll onto their stomachs. A baby sleeping on his or her stomach is at greater risk of SIDS.
9. Be sure to use the right kind of baby car seat. It is a law that a baby must ride in a car seat. You should put your baby in the car seat every time you're in the car. Use the car seat when you take your baby home from the hospital. Always read the car seat directions carefully and use the car seat the right way. A baby car seat is one of the best things you can do for your baby. Your hospital or local civic groups may be able to rent or loan you a baby car seat.

Some local police stations and fire departments will check that your baby's car seat has been put in correctly. You can also go to the National Highway Traffic Safety Administration (NHTSA) Web site for a list of certified Child Passenger Safety Technician in your area.

