

Health Keepsake

A photograph of two young children, likely twins, smiling and looking towards the camera. The child on the left has dark skin and dark hair, while the child on the right has light skin and light hair. They are both shirtless. The photo is partially covered by a purple graphic element on the left side of the notebook cover.

BABY
YOUR
BABY

Presented to

(Mother)

(Father)

(Child)

From

as a gift to help record
the health events of mother and baby

Credits

This Baby Your Baby™ Health Keepsake is the creation of the bright and dedicated staff of the Division of Community and Family Health Services, Utah Department of Health. Many other health care providers in both public and private sectors, as well as parents, have reviewed and used the Baby Your Baby Health Keepsake and have offered excellent suggestions.

Design: Scott Collett and Stephen P. McDonald, M.S.S.

Editing Team: Al Romeo, RN; Debby Carapezza, RN, MSN; Jane Sims;
Karen Roylance, RN; Marie Nagata; Peggy Bowman, RDH; Peter Barnard, CNM;
Stephen P. McDonald; and Tom Metcalf, MD

Published by:
Utah Department of Health
Baby Your Baby Program
P.O. Box 142106
Salt Lake City, UT 84114-2106

Permission to use or reproduce any portion of the Baby Your Baby Health Keepsake must be obtained in writing from the Utah Department of Health. All rights reserved.



Sixth Edition, April 2005
© 1988, Utah Department of Health/KUTV, Inc.
Printed in the United States of America.



Table of Contents

Useful Phone Numbers & Websites	1
Important Information	2
About the Baby Your Baby Keepsake	3
Mother's Health Section	4
Mother's Health History	5
Family Health History	6
Previous Deliveries	7
Mother's Firsts	8
Eating Healthy	9
Food Safety Tips	10
Weight Gain During Pregnancy	11
Weight Status Category	12
Taking Care of Your Health	13
History of Medications	14
Prenatal Care	15
Prenatal Health Care Visits	19
Childbirth/Prenatal Classes	31
Visit with Baby's Doctor	33
Fetal Kick Counts	37
Labor and Delivery	53
Mother's Care in the Hospital	55
Baby's Care in the Hospital	57
Postpartum Visit	59
Picture/Ultrasound	61
Baby's Footprints	62
Picture of Mom and Baby	63

Baby's Health Section	64
Birth Announcement	65
Health Events During Newborn Period	66
Baby's Family	67
Family Tree	68
Picture of Baby	69
Baby's Firsts	70
Feeding Your Baby	71
Solid Foods	73
Feeding History	74
Vitamins and Fluoride	75
Healthy Teeth	76
Your Child's Growth	77
Growth Record	78
Development	79
Hearing and Speech	81
Selecting Quality Child Care	83
Home Child Safety Checklist	84
Well Child Visits	85
18 Month Questionnaire	103
Record of Illness	117
Shots (Immunizations)	119

Useful Phone Numbers

Fire _____

Police/Sheriff _____

Ambulance/Rescue _____

Poison Control 1-800-222-1222

All Emergencies _____

Mother's Health Care Provider _____

Baby's Health Care Provider _____

Providers' After Hours _____

Hospital/Birth Center _____

Other _____

Important Information

Name of Mother's Doctor _____

Address _____
State _____ Street _____ Zip _____ City _____
Phone Number _____

Name of Baby's Doctor _____

Address _____
State _____ Street _____ Zip _____ City _____
Phone Number _____

Hospital _____

Address _____
State _____ Street _____ Zip _____ City _____
Labor and Delivery Phone Number _____

Local Health Department _____

Address _____
State _____ Street _____ Zip _____ City _____
Phone Number _____

About the Baby Your Baby Health Keepsake

The Baby Your Baby Keepsake was developed to help you keep track of your health during this pregnancy as well as the health, growth, and development of your soon-to-be born baby. The first section of the keepsake is designed for you and the second section for your baby.

The Baby Your Baby Health Keepsake is both a keepsake and a reference for health information. It is not meant to be a complete health record or to take the place of your doctor's advice, charts and records. Instead, it is designed for you to record important and interesting facts as well as your thoughts and questions. For specific medical questions, please contact your doctor.

We suggest that you look carefully at the Baby Your Baby Health Keepsake to become familiar with it. We encourage you to take this booklet with you to all your prenatal visits and to your baby's future well-child care visits, as well as other doctors' visits. You will be able to fill in most pages. Your doctor can help you with other sections as needed. (In this book, we use the term doctor when talking about a doctor, physician's assistant, certified nurse midwife, clinic, etc.)

We hope that this booklet is helpful to you and your family. If you need to replace your Baby Your Baby Health Keepsake, or want another copy, please visit our website at www.babyyourbaby.org

Mother's Health Section

Your pregnancy is a very special time for you. It may be a time of excitement and wonder. It is also a time to learn about your health, maternity care and the health of your growing baby. You and your doctor can follow your health and help your baby get a healthy start before birth. If you don't know where to go for information, prenatal care, or if you need help paying for your health care or delivery, call your local health department.

There are two very important steps you can take to improve you and your unborn baby's health: 1) Start prenatal health care by week 13 of your pregnancy; and 2) Make at least 13 visits to a doctor before giving birth. Prenatal care is important because your doctor may be able to prevent or find problems early in your pregnancy.

In this section of the Baby Your Baby Health Keepsake, you can record your health information as well as your thoughts and questions about your pregnancy. You will want to take this booklet to all your prenatal visits. Write down any special instructions from your doctor.

Mother's Health History

Name _____ Age _____

Height _____ ft _____ in Weight before pregnancy _____ lbs

Blood Type (circle) A B AB O Rh factor (circle) Pos Neg

Last dental visit _____

Health problems _____

Current medicines _____

Last menstrual period _____ Last pap smear _____

Surgeries _____ Allergies _____

Tobacco use _____

Alcohol use _____

Herbs and supplements _____

Mental health history _____

Other _____

Family Health History

List any problems or illnesses that the father of your baby, you or your close blood relatives, such as parents, grandparents, brothers/sisters, or uncles/aunts have had.

Problem or Illness	Family Member(s)
Birth defects	
Genetic conditions in family	
Illnesses during pregnancy	
Multiple births	
Diabetes	
High blood pressure during pregnancy	
Preterm births	
Blood disorders	
Other	

Previous Deliveries

	Date	Gender	BirthWeight	*Special Notes
1	____ / ____ / ____ Month Day Year	____ (M, F)	____ / ____ lbs. oz.	_____
2	____ / ____ / ____ Month Day Year	____ (M, F)	____ / ____ lbs. oz.	_____
3	____ / ____ / ____ Month Day Year	____ (M, F)	____ / ____ lbs. oz.	_____
4	____ / ____ / ____ Month Day Year	____ (M, F)	____ / ____ lbs. oz.	_____
5	____ / ____ / ____ Month Day Year	____ (M, F)	____ / ____ lbs. oz.	_____

*Include other details such as hours in labor, length of pregnancy, anesthesia, type of delivery, complications such as high blood pressure, preterm birth, etc.

Mother's Firsts

	Month	Day	Year	Week of Pregnancy
Found out that I was pregnant	____	____	____	____
Prenatal exam	____	____	____	____
Heard baby's heart beat	____	____	____	____
Ultrasound	____	____	____	____
Felt the baby move	____	____	____	____
Education/prenatal class	____	____	____	____
Other _____	____	____	____	____
Thoughts _____	____	____	____	____

The foods you eat during your pregnancy affects the way your baby grows as well as the way you look and feel. Eat a variety of healthy foods to give you and your baby good nutrition and to help you gain the proper weight. Ask your doctor about a nutrition plan that is right for you. Pregnant women should plan meals using the following guidelines.

- **Milk and other dairy products (skim or lowfat)** – 3-4 servings per day
(1 serving = 1 cup milk or yogurt, 1 1/2 oz. cheese)
- **Protein or meats** – 5-6 ounces per day
(1 ounce = 1 ounce lean meat, fish or poultry, 1 egg, 1 Tbsp. peanut butter, 1/2 cup nuts, 1/4 cup cooked dried beans, peas, or lentils)
- **Fruits and vegetables** – 4 1/2 cups per day (2 cups fruit, 2 1/2 cups vegetables)
Any variety of fresh, frozen or canned (1 serving - 1 cup raw leafy vegetables, 1/2 cup other vegetables cooked or raw, 1/2 cup fruit juice, 1 medium fruit)
- **Breads and cereals (whole wheat and grains)** – 6-11 servings per day
(1 serving = 1 slice bread, 1 tortilla, dinner roll or biscuit, 1/2 bagel, English muffin, hamburger or hot dog roll, 1/2 cup cooked cereal, 1 oz. dry cereal, 1/2 cup pasta or rice)
- **Prenatal vitamins and mineral supplement** prescribed by your doctor, including folic acid
- **Fluids** – at least 8-10 cups a day (water, milk, juice)

Listeriosis is an illness caused by eating foods contaminated with a germ (bacteria) known as *Listeria monocytogenes*. These germs are often found in soil and water and can contaminate certain foods. Most people do not become sick from eating foods containing Listeria, but pregnant women and their unborn babies are at risk for serious illness. Pregnant women who become infected may have mild, flu-like symptoms, but the germ can be passed on to the unborn baby. This can lead to miscarriage, stillbirth, or serious health problems for the baby.

Tips for protecting you and your baby from Listeriosis:

- Cook all meat and chicken fully (until it is well-done) before eating.
- Peel or wash fruits and vegetables thoroughly with water before eating.
- Eat only pasteurized cheeses.
- Do not eat any raw meat.
- Do not eat refrigerated paté or meat spreads (like chicken salad) unless canned.
- Do not eat refrigerated smoked seafood (such as nova lox or kippered fish) unless cooked to steaming hot.
- To kill the germs, wash your hands, kitchen tools (knives), counters, and sink with hot, soapy water.

Weight Gain During Pregnancy

The amount of weight you should gain during pregnancy will depend on how much you weighed before becoming pregnant. The weight you gain is distributed throughout your body and to your growing baby. The pattern or rate of weight gain is just as important as total weight gain. A normal weight gain is approximately 2-4 pounds during the first trimester, and a gain of slightly less than 1 pound per week during the second and third trimesters. A total weight gain of 25-35 pounds is distributed as follows:

Baby	7-9 pounds	Placenta	1-2 pounds
Uterus	2-3 pounds	Amniotic fluid	2 pounds
Breasts	1-2 pounds	Blood volume	2-4 pounds
Other fluid	4-6 pounds	Fat	6 or more pounds

The chart on the opposite page will give you an idea of how much weight you should gain during your pregnancy. The actual weight you are told to gain will be based on your individual needs and may be different from the ranges on the chart. Check with your doctor.

Instructions

1. Find your height on the left side of the chart, then move across the chart to your weight range right before you became pregnant.
2. Go to the bottom of the weight column to see how much weight you should gain during your pregnancy.

Weight Status Category

Height (no shoes)		Weight in pounds (light indoor clothing)			
Feet	Inches	Underweight	Normal	Overweight	Obese
4	10	94 or less	95-124	125-138	139 or more
4	11	97 or less	98-128	129-143	144 or more
5	0	101 or less	102-133	134-148	149 or more
5	1	104 or less	105-137	138-153	154 or more
5	2	107 or less	108-142	143-158	159 or more
5	3	111 or less	112-146	147-163	164 or more
5	4	115 or less	116-151	152-169	170 or more
5	5	117 or less	118-156	157-174	175 or more
5	6	122 or less	123-161	162-179	180 or more
5	7	126 or less	127-166	167-185	186 or more
5	8	129 or less	130-171	172-190	191 or more
5	9	133 or less	134-176	177-196	197 or more
5	10	137 or less	138-181	182-202	203 or more
5	11	141 or less	142-186	187-208	209 or more
6	0	145 or less	146-191	192-213	214 or more
Total Weight Gain		35 to 40 pounds	25 to 35 pounds	15 to 25 pounds	15 pounds

Taking Care of Your Health

Any time a woman is pregnant there is a three percent chance she will have a baby with a major birth defect. That level of risk (three babies out of every 100 live births) exists no matter what you do or don't do while pregnant. However, being as healthy as possible before pregnancy can improve the likelihood of having a healthy baby. Taking a multivitamin containing at least 400 mcg of folic acid throughout your childbearing years, especially before pregnancy, can reduce the risk of birth defects of the brain and spine. The following can affect your health and your baby's health:

- taking medications and street drugs
- drinking alcohol
- using tobacco
- infections and viruses
- contact with chemicals, pesticides, radiation, lead, or other substances
- conditions such as diabetes

It is important to check with your doctor before you start or stop taking medicines (including herbs, supplements and over-the-counter drugs) during your pregnancy. Call your doctor or local health department if you have questions about medications, chemicals, or infections during pregnancy or while breastfeeding.

History of Medications

List any medicines (medications) you have taken during this pregnancy. Be sure to include any over-the-counter medications as well as herbs, and supplements. Talk to your doctor if you think you may have a drug problem.

Medication	Date Started	Date Stopped	Reason for Use
_____	____/____/____ Month Day Year	____/____/____ Month Day Year	_____
_____	____/____/____ Month Day Year	____/____/____ Month Day Year	_____
_____	____/____/____ Month Day Year	____/____/____ Month Day Year	_____
_____	____/____/____ Month Day Year	____/____/____ Month Day Year	_____
_____	____/____/____ Month Day Year	____/____/____ Month Day Year	_____

Prenatal Care

One key to having a healthy pregnancy and a healthy baby is early and ongoing prenatal care. Call your doctor as soon as you think that you're pregnant. Prenatal care should begin before you are 13 weeks along, and you should have at least 13 health care visits during your pregnancy. Pregnancy care also includes at least one visit for yourself after the birth of your baby.

When you receive prenatal care, you will be screened for health conditions that might affect your pregnancy. Care will include urine and blood tests (including tests for HIV and gestational diabetes), recordings of your weight and blood pressure, checking the unborn baby's heartbeat, and uterine growth measurement (checking the womb's size). Women who are HIV positive may pass their infection to their babies during pregnancy, at delivery, or during breastfeeding. With proper treatment, the risk of passing infection decreases. Get tested for HIV even if you don't think you are at risk.

Your doctor will also ask you about your family health history and tell you about healthy foods, risks to avoid, the amount of weight you should gain as well as other important choices you will need to make.

Prenatal Care

Ask your doctor about what shots you may need. Pregnant women should be tested for diseases like Hepatitis B and Rubella as part of their prenatal care. Women who are pregnant during the flu season should get a flu shot.

The following pages will help you note information about your health, doctor's instructions, and your thoughts throughout your pregnancy. If you don't know where to go for information, prenatal care, or financial help for your pregnancy, call your local health department.

Thoughts and Feelings

Thoughts and Feelings

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Pap test			
Other _____			

Be sure to let your doctor know if you are throwing up a lot and can't keep any food or drink down. Also tell your doctor if you have burning or pain when you go to the bathroom.

Things to learn in the first 8 weeks:

- Normal changes in your body may include: fatigue; nausea and mild vomiting; headaches; faintness; and an increase in the size and tenderness of your breasts.
- Your baby's lungs, heart, and brain are forming. The placenta (afterbirth) is already giving nourishment and getting rid of wastes from your baby.
- Do not take any medicines or drugs unless your doctor says it is okay. For questions about medicines during pregnancy, call your local health department.
- Continue taking prenatal vitamins with folic acid throughout your pregnancy.
- Avoid exposure to lead while pregnant. Ask your doctor if you should be tested.

Questions to ask:

- How much weight should I gain during this pregnancy?
- How long will I have morning sickness and what can I do about it?
- How much can I exercise and what kinds of physical activity are safe?
- Based on my health history, will I need any special tests? If so, when? Should I be tested for HIV?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Your baby is about 1 inch long and weighs less than 1 ounce now. All organs are developing. Baby's heart has been beating since it was 25 days old.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Other _____			
Other _____			

Things to learn at 10-12 weeks:

- Normal changes in your body may include: fatigue; nausea and mild vomiting; headaches; faintness; and an increase in the size and tenderness of your breasts.
- Your baby's heart is now beating; arms, legs, face and major organs are forming.
- You may have a normal increase in vaginal discharge.
- Your body chemistry changes during pregnancy so you may be more at risk to gum disease. There may be a link between severe gum disease and babies born too early and too small.
- Tell your dentist you are pregnant before having any X-rays.

Questions to ask:

- Can I still have sex?
- What were the results of my lab tests?
- How do I perform a breast self-exam?
- Does my age affect my pregnancy?
- Can the baby's father come with me to my doctor visits?
- Will saunas, hot tubs, or hot baths affect my baby?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Call your doctor right away if you have vaginal bleeding, fever, chills, dizziness, tingling, numbness, spots before your eyes or are unable to keep any food or fluids down.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Other _____			

Things to learn at 12-16 weeks:

- Normal changes in your body may include: nosebleeds; vaginal discharge; and backache. Nausea, vomiting, and fatigue experienced earlier in pregnancy should be less frequent now.
- Your baby's bones are hardening; fingers, toes and eyelids are formed and soon all organs will be, too.
- Alpha-fetoprotein (AFP) and amniocentesis tests can be done between 15-20 weeks.

Questions to ask:

- What exercises can I do to relieve backaches?
- Why is anemia (low iron count) so common in pregnancy?
- Should I be taking extra iron?
- What causes nosebleeds during pregnancy?
- When can I tell the sex of my baby?
- When will I feel my baby move?
- What is an AFP test? What will it tell me about my baby and do I need it done?
- What is amniocentesis? Why is it done and are there risks?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Your weight gain should be slightly less than 1 pound per week now. Continue to eat a variety of healthy foods and exercise as directed.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Other _____			

Things to learn at 16-20 weeks:

- Normal changes in your body may include: heartburn or intestinal gas; shortness of breath; and skin blotches and discoloring over cheeks, nose, forehead and nipples.
- Your baby's organs are formed and is growing.
- A weak fluttering movement may be felt now.
- Pregnancy is a time of emotional highs and lows. Be sure to let your doctor know if you are feeling extra nervous or sad.

Questions to ask:

- Are childbirth, breastfeeding, and parenting classes available? When should I take them?
- Why am I short of breath and what can I do about it?
- What are the advantages of breastfeeding versus bottle feeding my baby?
- What is the danger of changing cat litter boxes?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

To relieve backache, stretch your back by standing with your feet about 12 inches apart, 6 inches from the wall and press your back against the wall. Try to keep your back flat against the wall.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No
Prepregnancy weight _____		
Current weight _____		
Blood pressure ____ / ____		
Urine sample (sugar, protein)		
Blood sample		
Ultrasound		
Baby's heartbeat checked		
Abdomen measured _____ cm		
Other _____		

Notes from the visit

Things to learn at 20-24 weeks:

- Normal changes in your body may include: nosebleeds; vaginal discharge; and the first appearance of colostrum, a yellowish fluid from the breasts which will be the baby's first food when you breastfeed.
- Your baby's heartbeat can be heard with a stethoscope; head hair and eyelashes begin to appear.
- Premature labor signs may include cramps, constant or rhythmic low back or pelvic pressure, an increase in vaginal discharge or a discharge that is clear, watery or tinged with blood. Call your doctor right away if you have any of these signs.
- To prevent backaches, wear flat shoes.

Questions to ask:

- What causes skin blotches and stretch marks? Will they go away?
- What are premature contractions? What should I do if I get too many? Should I be concerned about a watery vaginal discharge?
- What is Rh factor?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

If you are an Rh negative mother, you may get a shot of RhoGAM. This may be given at 28 weeks of pregnancy, anytime you have vaginal bleeding and within 72 hours after delivery if your baby is Rh positive.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Blood glucose			
RhoGAM needed			

Things to learn at 24-28 weeks:

- Normal changes in your body may include: pelvic discomfort; constipation; hemorrhoids; bleeding and swollen gums. Other changes: colostrum; heartburn and intestinal gas; shortness of breath; swelling of feet, legs, and hands; vaginal discharge; and varicose veins.
- Your baby can suck its thumb and kick. Tooth structure is also developing.
- If you haven't been to the dentist, make an appointment now.

Questions to ask:

- What can I do to relieve the discomfort of hemorrhoids and constipation?
- What is gestational diabetes? How will I know if I have it?
- Why do I have to drink Glucola and have my blood drawn?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Call your doctor immediately if you have bleeding, severe headache, spots before your eyes, severe abdominal pain or excessive swelling (edema) of feet, legs or hands.

Childbirth / Prenatal Classes

Childbirth or prenatal classes can help you work better with your labor, and can help prepare you and your partner for what to expect during labor and delivery and to prepare for your new baby. There are several types of childbirth classes that teach different birthing methods. You should choose a class that is best for you. Most expectant parents are encouraged to begin classes between 24-28 weeks. Check with your doctor or local health department if you need help finding a class.

Date of Class			Time	Topics
____/____/____			_____	_____
Month	Day	Year		
____/____/____			_____	_____
Month	Day	Year		
____/____/____			_____	_____
Month	Day	Year		
____/____/____			_____	_____
Month	Day	Year		
____/____/____			_____	_____
Month	Day	Year		

Thoughts / Feelings

Visit with Baby's Doctor

It is important to choose a doctor for your baby before you deliver. Both you and your partner will be more comfortable having your baby cared for by someone you already know and like. These visits help you learn about and plan for the events that will happen during your baby's first few weeks.

If you don't know who you want to care for your baby's health, ask your own doctor, friends, or family for their suggestions. Ask them what they think is important in choosing a doctor. Be sure the doctor you choose is covered by your insurance or health plan. Schedule a visit with one, or a few, of the suggested doctors and then make your own choice. It is best to schedule the visit at a time when both you and your partner can go.

Things the doctor may ask you:

- medical histories of both parents and their families
- how your pregnancy has been — complications, medications, or other problems
- when you are due, where you will deliver, and how long you plan to stay in the hospital after delivery
- what help and support you will have at home after delivery
- how you plan to feed your baby
- worries or concerns you may have about the baby
- whether you plan to return to work; if so, when?

Questions to ask your baby's doctor:

- What do I need to know about circumcision?
- Why should I breastfeed?
- How do I prepare my home for my new baby?
- How can I help my other children prepare for the new baby?
- What do I do if my baby won't stop crying?
- How can I keep my baby safe?
- What is important when looking for quality child care?
- Can I call your office if I have questions?
What about after office hours or on weekends?
- Which hospitals do you work at? Will you come to the hospital to see my baby?
- When is the first visit in your office?
- What shots (immunizations) will my baby get in the hospital?

Your Thoughts and Questions

Next
Visit ____ / ____ / ____
 Month Day Year

Your baby must have a car seat to ride home from the hospital. Do not use a car seat that is more than 5-6 years old, was in a crash or has been recalled.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
 Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Other _____			

Things to learn at 28-32 weeks:

- Normal changes in your body may include: a few contractions; backache; faintness; a pounding heart; stretch marks; feeling tired; and all those changes mentioned before.
- Your baby is growing rapidly now and is able to open its eyes and move arms and legs freely.

Questions to ask:

- How can low iron count (anemia) affect my pregnancy?
- What should I do about swelling in my hands and feet?
- How do I keep track of my baby's movement?
What are fetal kick counts?
- Can I still have sex?
- How long can I continue to work?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
 Month Day Year

Plan to eat several small meals throughout the day instead of three large meals. This helps some women to reduce discomfort and heartburn.

Fetal Kick Counts

Healthy babies are usually active. Unborn babies sleep for short periods of time, but most of the time they will kick, roll, twist and turn. Counting your baby's movements (fetal kick counts) is a way to tell how your baby is doing. A healthy baby usually moves at least 10 times in 2 hours.

Doctors usually recommend that you begin counting movements around the 7th month of pregnancy (about 28 weeks). As you get to know your baby's movement pattern, you will be able to report any changes to your doctor.

You can count your baby's movements several different ways. Review them with your doctor or follow this method:

1. Choose a time of day that your baby is usually active. Try to count around the same time each day. It may be best to count after a meal.
2. Get in a comfortable position. You can lie down or sit in a chair with your feet up.
3. Write down the date and time you begin counting your baby's movements.
4. Continue counting until your baby has moved 10 times. Count any movements including kicks, rolls, swishes, or flutters.
5. After your baby has moved 10 times, write down the time on your chart.
6. If you can't feel your baby move, try to wake the baby by drinking a glass of juice or walking around for a few minutes. Then start counting again.

Call your doctor right away if your baby has not moved 10 times in 2 hours or if you notice a significant decrease in your baby's activity

Example

On Sunday, October 14th. you begin counting your baby's movements at 7:05 p.m. By 7:40 p.m., you have felt your baby kick or move 10 times. You would fill in your chart this way:

Day and Date	Sun 10/14	Mon	Tue	Wed	Thu	Fri	Sat
Start Time	7:05						
Stop Time	7:40						
Minutes to reach 10	35						

Day and Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Start Time							
Stop Time							
Minutes to reach 10							

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Position of baby _____			

Things to learn at 32-34 weeks:

- Normal changes in your body may include: leg cramps; shortness of breath; difficulty sleeping; and all those changes mentioned before.
- Baby may be in head down (cephalic) or feet or bottom down (breech) position.
- Your baby's kicks can be seen from the outside.
- Review the signs of premature labor (see page 28).
- Write out your birth plan with your birthing class teacher and discuss it with your doctor.

Questions to ask:

- What can I do to reduce or relieve muscle cramps?
- What do I need to learn about preparing to breastfeed?
- What if I have high blood pressure? How will I know if I have it? What happens to my baby if I have high blood pressure?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Ask your doctor to teach you pelvic exercises (Kegels). Your recovery after delivery can be faster when you have strong pelvic muscles. Be sure to discuss birth control with your doctor.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood Pressure ____ / ____			
Urine Sample (sugar, protein)			
Blood Sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Group B Strep infection screening			
Position of baby _____			
Dilation _____ cm			
____ % effacement			

Things to learn at 34-36 weeks:

- Normal changes in your body may include: feeling tired; faintness; constipation; and all those changes mentioned before.
- Your baby is now about 18 inches long and may weigh five pounds.
- Group B Strep (GBS) can cause a serious infection in newborns. You should be checked for GBS between 35-37 weeks. GBS in newborns can be prevented with antibiotics given to mothers during labor.

Questions to ask:

- What are dilation, effacement, and station?
- Why would amniocentesis be done at this time?
- What types of pain relief are available to me during labor and delivery? How will they affect the baby?
- When should I get concerned if I don't feel my baby move?
- What can I do to get more energy when I'm feeling tired?
- Should I travel after 36 weeks?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

Your doctor may check on the dilation and effacement of your cervix during your last visits. Dilation (opening) and effacement (thinning) of the cervix must happen so your baby can be born, and may begin before labor starts.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
GBS (if not done last visit)			
Position of baby _____			
Dilation _____ cm			
_____ % effacement			

Things to learn at 37 weeks:

- Your baby now weighs about 6 1/2 pounds.
- Ask your doctor the results of your Group B Strep test.
- Get your suitcase ready for your hospital stay. Items to consider packing include: toothbrush, change of clothes, slippers, nursing bra, underwear, lotion, baby clothes, camera and film, important phone numbers, insurance card, snacks and cash.

Questions to ask:

- What is "bloody show"?
- How can I tell if my water breaks?
- How can I tell if I am really in labor?
- Who should I call when I am in labor?
- Who can I have with me during labor and delivery?
- When should I call my doctor?
- What is an episiotomy and will I need one?

Make Your Birth Plan

Next Visit ____ / ____ / ____
Month Day Year

Birth plans may include warm baths or showers, pain medications, comfort positions and movements in labor and delivery, walking in early labor, intermittent or constant fetal heart rate monitoring, type of delivery, length of hospital stay, and need for episiotomy.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Position of baby _____			
Dilation _____ cm			
____ % effacement			

Things to learn at 38 weeks:

- Normal changes in your body may include: contractions; backache; constipation; varicose veins; enlargement of breasts and increase of colostrum; leg cramps; swelling of hands, legs, and feet; vaginal discharge; faintness; stretch marks; and feeling tired.
- Baby is usually in head down position (cephalic) ready for birth.
- A creamy substance (vernix) still coats baby.

Questions to ask:

- What is a forceps delivery? Why is this sometimes necessary? What is a vacuum extraction and why is it sometimes used? Is it safe?
- Why do some people have their babies by Cesarean section? If I had a C-section before, do I need one again?
- Can I nurse my baby immediately after I deliver?
- Will the birthing facility allow "rooming in" with my baby?
- What is bonding?

Your Thoughts and Questions

Next ____ / ____ / ____
Visit Month Day Year

Relaxation is a very important part of labor and delivery. Make a list of things that help you relax. Learn what works best for you by practicing. Some examples include deep breathing and Lamaze (muscle relaxation).

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Position of baby _____			
Dilation _____ cm			
_____ % effacement			

Successful Breastfeeding:

- Nurse baby soon after delivery; within 1 hour if possible.
- The more you nurse, the more milk you will make. If you nurse when your baby is hungry instead of on a set schedule, you should have plenty of milk.
- Most newborns need to nurse about every 1-1/2 to 3 hours or 8-12 times in 24 hours.
- Offer both breasts at each feeding.
- For the first few weeks, don't give your baby any water or formula unless your doctor recommends it.
- Avoid using pacifiers in the first few weeks.

Breastfeeding facts:

- Breast milk is easily available.
- Breastfeeding creates a special closeness between mother and baby.
- Breastfeeding appears to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Breastfed babies get sick less often and have fewer problems with food allergies.
- Breastfeeding lowers mother's risk of breast and ovarian cancer.

Your Thoughts and Questions about Breastfeeding

Next Visit ____ / ____ / ____
Month Day Year

At the hospital, be sure to ask your doctor or breastfeeding specialist (lactation consultant) about breastfeeding when you return to work.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
 Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Position of baby _____			
Dilation _____ cm			
_____ % effacement			

Things to learn at 40 weeks:

- Your baby is usually in head down (cephalic) position ready for birth. An average full-term baby weighs 6-1/2 to 7-1/2 pounds and is about 20 inches long.
- It is normal for some mothers to pass through a temporary period of "baby blues" that may start days following birth. Such feelings may be caused by hormone changes that occur: fatigue, nervousness or a sad feeling that can follow any major event. Ask your doctor what you can do if the "baby blues" don't go away after the first week or two following delivery. Treatment is available.

Questions to ask:

- What are the signs and symptoms of labor?
- What should I expect at the hospital?
- What is induction?
- What if I go past my due date?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
 Month Day Year

Your due date is only an estimated guess. Your baby may be born earlier or later than that date.

Prenatal Health Care Visit

Examined on ____ / ____ / ____ when I was ____ weeks pregnant.
Month Day Year

Name of doctor or clinic _____

Normal	Yes	No	Notes from the visit
Prepregnancy weight _____			
Current weight _____			
Blood pressure ____ / ____			
Urine sample (sugar, protein)			
Blood sample			
Ultrasound			
Baby's heartbeat checked			
Abdomen measured _____ cm			
Position of baby _____			
Dilation _____ cm			
____ % effacement			

Things to learn at 41 weeks:

- Baby is usually in head down (cephalic) position ready for birth.
- The thick yellow fluid coming from your breasts after delivery is called "colostrum." This is the best food for your baby. It is packed with nutrients and helps keep your baby from getting sick. After a few days your milk will look more thin and watery and may have a yellow-bluish color. This is normal.
- Your baby needs to nurse often—every 1-1/2 to 3 hours. Be sure to ask hospital staff not to give your baby formula or water if you breastfeed. It is important for your baby to nurse "on demand." The more you nurse, the more milk your breasts will produce.

Questions to ask:

- What is meconium staining?
- Now that I am one week past my due date, what additional tests may be done?
- Is there anything I can do to start labor?
- What will be done if I don't go into labor by myself?

Your Thoughts and Questions

Next Visit ____ / ____ / ____
Month Day Year

If you haven't already done so, make an appointment for your baby's first well-child visit, and let your baby's doctor know you are about to deliver.

Labor and Delivery

Hours of labor _____ Total weeks of pregnancy at delivery _____

Date of delivery _____ Time of delivery _____ a.m./p.m.

Place of delivery _____

Method of delivery (circle) Vaginal Cesarean Section

Complications of labor or delivery _____

Doctor who delivered baby _____

Nurse(s) present at the delivery _____

People present at the delivery

_____	_____
_____	_____
_____	_____
_____	_____

Parents' Notes

Mother's Care in the Hospital

Breast and Nipple Care _____ _____	Things to learn after delivery: <ul style="list-style-type: none"> • Starting right after delivery, mothers experience a vaginal flow called lochia. This discharge may stop before your postpartum exam. It is perfectly normal and part of the recovery process. • Contact your doctor if you notice increased redness or pain around your incisions or stitches. • Eat nutritious foods and keep taking prenatal vitamins. Eat extra fiber and drink more fluids. • "Baby blues" are normal for a few days. Contact your doctor if you have longer periods of depression.
Episiotomy _____ _____	
C-Section _____ _____	
Hemorrhoids _____ _____	
Family Planning _____ _____	
Special Medications/Vitamins _____ _____	Questions to ask: <ul style="list-style-type: none"> • What do I do if I have pain in my legs? • Who can I call if I have trouble breastfeeding? • What can I do about sore breasts or nipples? • If I choose not to breastfeed, what do I do? • When can I start exercising again? What type is best? • When can I have sex again?

Special Instructions/Notes

Next Visit ____ / ____ / ____
 Month Day Year

Call your doctor right away if you experience bleeding heavier than 1 pad in 1 hour; severe depression; persistent headache; trouble with your bowels, your breasts, or your stitches; chills or fever; increasing pain or persistent dizzy spells.

Baby's Care in the Hospital

Name _____

Gender ☐ Boy ☐ Girl (☐ single ☐ twin ☐ more _____)

Birth weight _____ Length _____

Head circumference _____ Age at discharge _____

Blood type (circle) A B AB O RH factor (circle) pos neg

Hearing test ☐ yes ☐ no Circumcision ☐ yes ☐ no

Newborn screening heel stick ☐ yes ☐ no Jaundice* ☐ yes ☐ no

Apgar Scores _____

Hepatitis B shot given _____

Breastfeeding evaluation _____

Ask for a visit from the lactation specialist before you leave the hospital.

*A bilirubin test will be done only if felt necessary by your doctor. Jaundice is a yellow color in the skin or eyes, that is caused by too much bilirubin in the baby's blood.

Special Instructions/Notes

Write down instructions such as cord care, circumcision care, jaundice care, etc. Don't forget to take notes from phone calls with your doctor.

Date of next
appointment _____ / _____ / _____
Month Day Year

If you delivered your baby by Cesarean section, your doctor may want to see you in the office within two weeks.

Postpartum Visit

Examined _____ / _____ / _____
Month Day Year

Name of doctor or clinic _____

	Yes	No	Notes from the visit
Breast exam _____			
Uterus exam _____			
Blood pressure _____ / _____			
Pap smear			
Blood sample			
Episiotomy exam			
Urine sample			
Birth control			
Other _____			

It is important that you follow up with your doctor on any abnormal tests, complications, or problems during pregnancy or delivery.

Things to do at 4-6 weeks postpartum:

- Two to three years between births is best for a healthy mother and baby. Breastfeeding does not prevent pregnancy. It is possible for you to get pregnant even though you have just had a baby. Your doctor can give you information and counseling about timing your next pregnancy.
- Your body has experienced stress and needs time to recover. Get plenty of rest; try to sleep while baby is sleeping.
- Eating nutritious foods is still important, especially if you are breastfeeding. A proper diet will help you get stronger and recover sooner.
- You should take a multivitamin containing folic acid throughout your life.
- Postpartum depression occurs in some women but is treatable. Talk with your doctor if you experience symptoms.*

Questions to ask:

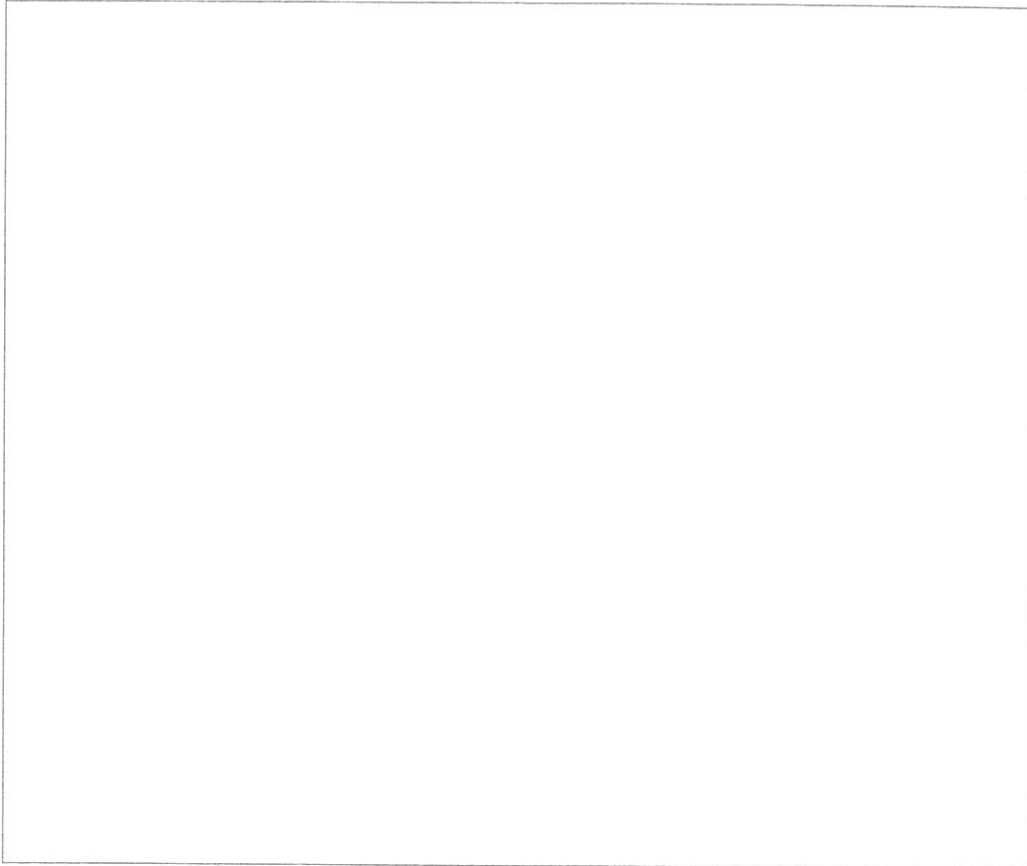
- What are Kegel exercises? Why should I do them?
- When should I expect my next period?

Your Thoughts and Questions

Next Visit _____ / _____ / _____
Month Day Year

*Symptoms include: sadness, poor appetite, sleep disturbances, thoughts of hopelessness, and/or thoughts of hurting yourself or your baby.

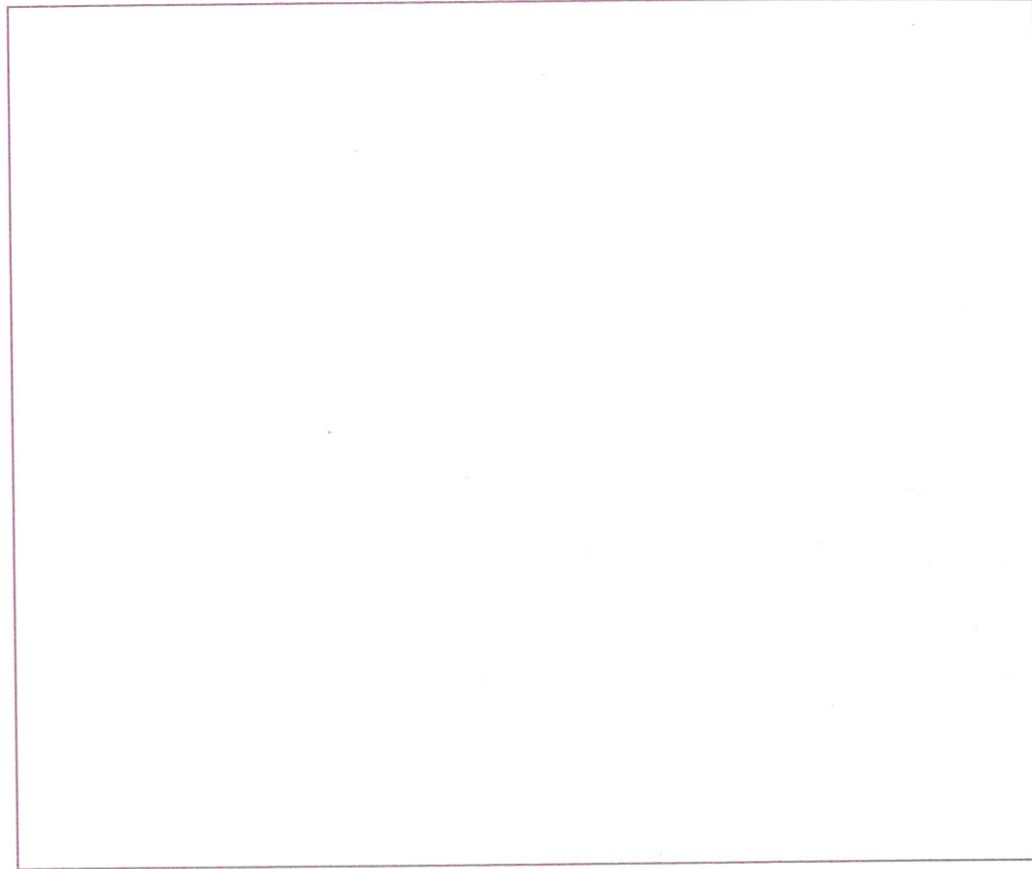
Picture / Ultrasound



Baby's Footprints



Picture of Mom and Baby



Baby's Section



BABY
YOUR
BABY

Baby's Health Section

Congratulations on the arrival of your new baby! Your new family member is a special, one-of-a-kind little person. Despite the small size, your baby is probably making big changes in your life. This section of the **Baby Your Baby Health Keepsake** will help you keep track of your baby's health, growth, and development through the early childhood years.

We suggest that you become familiar with this section and use it as a guide to note special events in your baby's health and development. Take it with you to all of your baby's well-child care and other health care visits. A pocket is provided in the back of the Keepsake for your child's shot record. The information you put in this section is valuable to your baby's doctors, and to you and to your baby in years to come.

If you have questions about where to go for well-child care or financial help, call your local health department.

Birth Announcement

It's a _____ named _____

born on _____ the _____ of _____

_____ Day _____ Date _____ Month
_____ at _____ o'clock _____ M
Year

Birth Weight _____ Length _____

Color of Hair _____ Color of Eyes _____

Place of Birth _____

Parents' Thoughts and Feelings

Health Events During the Newborn Period

Within the first 24 hours after delivery, your baby's doctor will do a complete physical examination on your baby. Both parents can request to be present during this exam. At this time, the doctor will carefully check your baby, review your baby's measurements (length, weight, and head size), listen to your baby's heart, and look at the skin for signs of rash or jaundice (yellow color). After your baby's exam, the doctor will talk to you about your baby and answer any questions you may have.

When you go home, many doctors want to see your baby at 3-4 days of age, to be sure your baby is gaining weight, breastfeeding is going well and that jaundice is not severe. If you and your baby had an early hospital discharge, it is important to visit your doctor within 48 hours.

Use these pages to record your baby's newborn health exam, any tests that were done during the newborn period, and any special notes you may want to make.

Baby's Family

Father _____

Mother _____

Brothers and Sisters

Date of Birth

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

_____/_____/_____
Month Day Year

Family Tree

Great-Grandfather

Great-Grandmother

Great-Grandfather

Great-Grandmother

Grandfather

Grandmother

Mother

BABY

Father

Grandfather

Grandmother

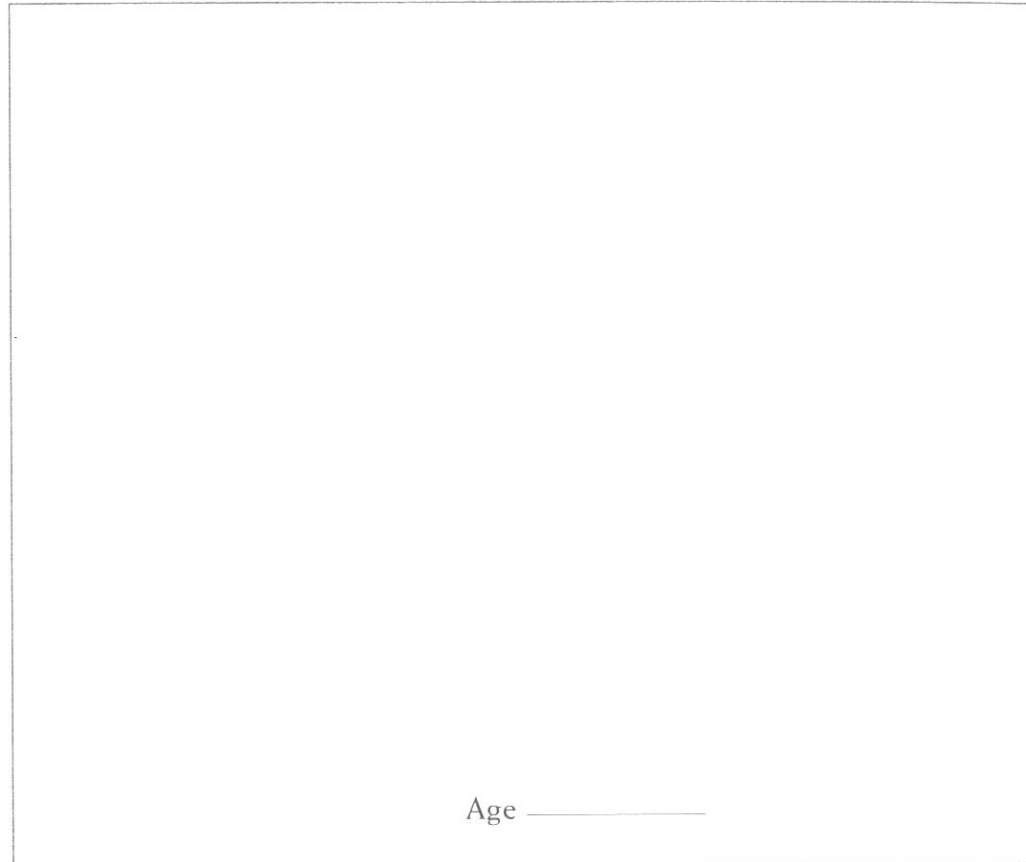
Great-Grandfather

Great-Grandmother

Great-Grandfather

Great-Grandmother

Picture of Baby



Age _____

Baby's Firsts

Fill in the dates when your baby did the following for the first time.

Smiled _____
Month / Day / Year

Laughed _____
Month / Day / Year

Looked toward
sound _____
Month / Day / Year

Turned over
from front to
back _____
Month / Day / Year

Turned over
from back to
front _____
Month / Day / Year

Sat up alone _____
Month / Day / Year

Baby's first word _____
Month / Day / Year

Crawled _____
Month / Day / Year

First tooth _____
Month / Day / Year

Slept through
night _____
Month / Day / Year

Pulled to stand _____
Month / Day / Year

Said "dada" or
"mama" _____
Month / Day / Year

Walked alone _____
Month / Day / Year

Hair cut _____
Month / Day / Year

Baby's favorite
toy _____

Breast milk is the best food for your baby during the first year. Breast milk not only contains an ideal balance of nutrients for your baby, it also contains antibodies that can help protect your baby from many illnesses. Other foods and liquids should not be offered until 4-6 months of age. Your doctor may prescribe additional vitamins or minerals. Cow's milk should not be given to babies until they are at least 1 year of age.

Many women are able to breastfeed even when they are working full-time. However, this takes planning. You should breastfeed your baby for at least 4-6 weeks before you go back to work. This helps to get your milk supply well established. Bottles of your breast milk or infant formula can be used for feedings when you are away from your baby.

Infant formula is made with all the things your baby needs. Iron-fortified infant formula is best for your baby.

Formula comes three ways: powder, liquid concentrate, and ready-to-feed. Powder costs the least. Ready-to-feed costs the most. Mix powder formula and liquid concentrate with the exact amount of water printed on the label. Too little or too much water can harm your baby. Check with your doctor to see if you need to boil water for formula or sterilize the bottles and nipples.

After you make the formula, feed your baby right away or cover and refrigerate prepared formula. Use this formula within 24 hours. Throw away any formula left in a bottle after feeding your baby.

Whether you breast or bottle-feed, feeding times will be more enjoyable and rewarding if you relax and hold your baby. It is especially important to hold your baby for bedtime and nap time feedings rather than putting the baby to bed with a bottle. This will give you a special bonding time with your baby and prevent baby bottle tooth decay. If you have any questions or concerns about how your baby is feeding during the early months, check with your doctor for advice.

WIC is a supplemental nutrition program for Women, Infants and Children. The program provides health and nutritional screening, nutrition education, assistance with breastfeeding and food checks for nutritious foods to eligible women, infants and children at no cost.

For the WIC office closest to you, call your local health department.

Most babies are ready for solid foods (baby foods) around 6 months of age. You will know your baby is ready for solid foods if he or she can sit up with some help—holding up the head with good head and neck control. Your baby will also lean forward, showing interest in food and will be able to pull in the upper and lower lips as the spoon is taken from the mouth. Until your baby is ready for solid foods, adequate amounts of breast milk or iron fortified infant formula (plus whatever vitamins your baby's doctor prescribes) are enough to meet your baby's nutritional needs.

Follow your doctor's instructions about beginning solid foods. When you start any new cereal or food, add just one new food at a time. This gives your baby a chance to become familiar with each new taste. It may take more than one time for your baby to like a new taste or texture. If there are food allergies that run in your family, share that with your doctor as you start to add foods to your baby's diet. If your baby has any reaction to a food, check with your doctor before giving the same food again.

Baby foods should be fed to your baby in a small spoon. Also, put only the amount of baby food you think your baby will eat at one time in a dish. Do not taste your baby's food and then put in their mouth. Throw away any leftover foods.

Doctor's recommendations: _____

Method of Feeding

Breastfeeding ☐ How long was baby breastfed? _____ Months

Bottle Feeding ☐ How long was baby bottlefed? _____ Months
Name of formula used _____

Solids Introduced _____ / _____ / _____ Cup Introduced _____ / _____ / _____
Month Day Year Month Day Year

First food _____ Baby's age _____

Favorite food _____

Heating liquids or food for your baby in a microwave can be dangerous and can cause severe burns. Be sure to mix the liquids or food after heating and then test the temperature before giving it to your baby. Liquids heated in a microwave may be much hotter than the outside of the bottle feels. Breast milk should never be microwaved.

Vitamins and Fluoride

Your doctor may prescribe vitamins and fluoride for your child. The type of prescription will depend on whether you breastfeed or bottle feed your baby, any special nutritional needs your child may have and the fluoride content of your drinking water. Babies who live in an area with fluoridated water may not need fluoride supplements. Check with your doctor.

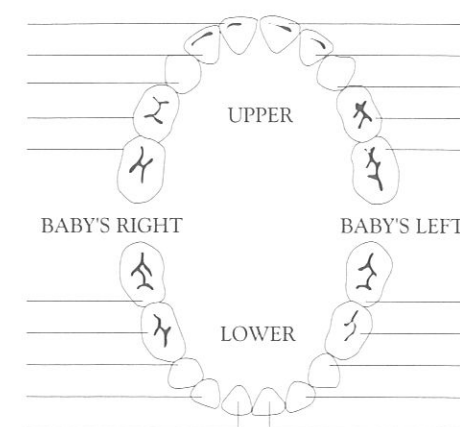
Fluoride is the best way to prevent tooth decay and build strong teeth. The American Academy of Pediatric Dentists and the American Academy of Pediatrics recommends that your baby receive fluoride from 6 months to 16 years old. Follow your doctor's instructions carefully.

When you brush your child's teeth, use just a pea-sized amount of fluoride toothpaste. Your doctor may also paint a fluoride varnish on your child's teeth. Wait until your child is at least 5 years old before using a fluoride mouthrinse.

	Date Started			Date Stopped				
	Month	Day	Year	Month	Day	Year		
<input type="checkbox"/> Vitamins A, C, D	___	___	___	___	___	___	with fluoride	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Multivitamins	___	___	___	___	___	___	with fluoride	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Fluoride Drops	___	___	___	___	___	___	} when not included with vitamins or in water supply	
<input type="checkbox"/> Fluoride Tablets	___	___	___	___	___	___		

Healthy Teeth

It is important to take good care of your child's baby teeth. They save space for the permanent teeth and are important for speech development and proper nutrition. Baby teeth usually start to come in between 6-9 months of age, but earlier or later is perfectly normal. Clean your baby's teeth as soon as they come in by rubbing them gently with a clean, damp washcloth or baby sized toothbrush. Babies like to chew on a toothbrush, but this doesn't clean the teeth. You still need to clean your baby's teeth. Celebrate your child's first birthday by going to the dentist or within 6 months of the first tooth coming in. By the time your child is 2 1/2 to 3 years old, all 20 baby teeth will have come in. On the chart below, write your baby's age when each tooth erupts.



Notes from the Dentist

Your Child's Growth

Childhood is a time when the rate of physical growth is uneven. During some periods of childhood, a child may have rapid gains in length and weight. During other periods, a child's rate of growth normally slows.

One of the ways in which your doctor assesses your child's overall health, growth, and developmental status is to take growth measurements at regular times (usually at the time of well-child care visits). By plotting your child's growth measurements at different ages, your doctor can determine the growth pattern (called "growth curve") of your child and assess whether or not this growth pattern is normal. Weight measurements are done in either pounds or kilograms. Length measurements are done in either inches or centimeters. Until 24 months of age a child's length is measured while lying down. After 24 months of age a child's height is measured while standing up.

If you would like to graph your child on a growth chart, ask your doctor for a copy or download one at www.cdc.gov/growthcharts

Date			Age	Weight		Length/Height	BMI*
Month	Day	Year	Months/Years	Pounds	Ounces	Inches	
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____

Growth Record

Date			Age	Weight		Length/Height	BMI*
Month	Day	Year	Months/Years	Pounds	Ounces	Inches	
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____
___	___	___	_____	___	___	_____	_____

*Body Mass Index (BMI) is used to assess underweight, overweight and risk for overweight status. Ask your doctor about your child's BMI.

Development

Because no two children are alike, every child develops at a slightly different rate. The pace at which your child develops may not be the same as your other children.

As your child develops and grows, he or she gains physical, mental, and social skills. These skills or tasks are often called "developmental milestones."

The opposite page lists a number of developmental milestones. Included with these tasks is an age range when these tasks are expected to occur. Keep track of when your child can do the tasks listed. This record will help your doctor evaluate your child's progress.

"Usual" age ranges for developmental tasks can be earlier or later. If you are worried about your child's development, ask your child's doctor.

Developmental Milestones	Usual Age Range	Age Completed
• Lifts head when lying on stomach	1 - 3 months	
• Rolls over	2 - 5 months	
• Reaches for object	3 - 5 months	
• Brings toy to mouth	3 - 5 months	
• Gets to sitting position	6 - 11 months	
• Picks up small object with thumb and finger	7 - 10 months	
• Stands holding on to furniture	8 - 12 months	
• Walks holding on to furniture	9 - 13 months	
• Bangs 2 objects together or plays pat-a-cake	7 - 15 months	
• Holds and drinks a few sips from a cup	10 - 17 months	
• Walks alone	11 - 15 months	
• Stacks two blocks	12 - 20 months	
• Takes off shoes or clothing	14 - 22 months	
• Puts on clothing (socks, shoes, underpants)	20 - 36 months	
• Unbuttons	21 - 36 months	
• Can button, snap and zipper clothing	3 - 4 years	
• Uses bathroom by self	3 1/2 - 4 1/2 years	
• Can repeat 4 numbers in order	4 - 5 years	
• Skips, alternating feet	5 - 5 1/2 years	
• Colors within lines	5 - 5 1/2 years	

Hearing and Speech

As you and your baby first start to respond to each other, communication begins. Communication includes speech, eye contact, body movements, and facial expressions.

Look for signs that your baby can hear. (See the next page for hearing and speech milestones.) Normal hearing is important for your baby to learn to talk. A newborn hearing test may be done at the hospital. They will tell you if your baby passed.

From the very beginning it is important to talk to your baby. Although babies may not understand what you are saying, listening to you helps them learn to talk. Here are some ideas for talking to your child:

- Talk about what your child likes
- Talk about what you or your child are doing
- Sing to your child
- Repeat the noises your child makes
- Praise your child when they try to talk
- Read to your child 20 minutes every day
- Talk about things your child can see, hear, or touch. For example, "Mary, look! A teddy bear! See how colorful he is, see how he feels fuzzy, and smooth on your face. Wow! He squeaks! Let's snuggle him to you."

If your baby does not pass the newborn hearing test in the hospital, be sure you tell your doctor and get a second hearing test.

Hearing and Speech Milestones

Usual Age RangeAge Completed

- Laughs and coos Birth - 3 months
- Startles to loud sounds/wakes up to noises Birth - 3 months
- Smiles when spoken to 1 - 3 months
- Is soothed by mother's voice 1 - 3 months
- Begins to turn head or eyes toward voices and sounds 3 - 6 months
- Enjoys making sounds 3 - 6 months
- Begins to babble, repeating syllables like "ba-ba-ba" 6 - 12 months
- Turns toward soft sounds or voices coming from behind 6 - 12 months
- Responds to own name and the telephone ringing 6 - 12 months
- Understands "no" and "bye-bye" 6 - 12 months
- Says three words (other than mama and dada) 12 - 21 months
- When asked, points to at least 3 body parts 18 - 24 months
- Follows two requests (get the ball & put it on the table) 18 - 24 months
- Puts two words together (more cookie) 18 - 24 months
- Uses three word phrases (daddy go bye-bye) 30 - 36 months
- Child's speech is 75% understandable 30 - 36 months
- Uses complete five word sentences 4 - 5 years
- Child's speech is 90% understandable 4 - 5 years
- Understands most conversations 4 - 5 years

Selecting Quality Child Care

Choosing someone to watch your child is important. You may choose a day care center or child care in someone's home. It is a good idea to visit more than one caregiver and compare them. You have the right to ask questions and to see the home or child care center before picking the one you like best. Look for an experienced person or staff. Here are some things to ask the caregiver or child care center and to watch for when you visit:

- Are they licensed?
- Is the environment clean and safe?
- Are they warm and friendly with you and with your child?
- Is there always at least one adult present who is trained in first aid, CPR, and emergency procedures?
- Are there written emergency plans available?
- Do they meet the child-adult ratio? (There should be one caregiver for every four infants under 2 years of age.)
- Is there a written plan for daily activities posted?
- Are the meals and snacks healthy?
- Are the children given naps and rest time?
- Is furniture and equipment child-size?
- Are safe and age-appropriate toys available and cleaned regularly?
- Do children and staff wash their hands?
- Do they conduct background checks on employees?

Home Child Safety Checklist

Check (✓) the following safety measures when done in your home:

- ☐ Baby's crib mattress fits snugly inside crib.
- ☐ Crib slats are 2-3/8 inches or less apart.
- ☐ Baby is never left alone on table or in crib with sides down.
- ☐ Coffee pots, hot liquids, and hot foods are placed out of child's reach.
- ☐ Plastic outlet plugs or shock stops are placed in all unused electrical outlets.
- ☐ Water heater has been set no higher than 120°F (slightly below medium or low setting).
- ☐ Child is always watched by an adult while in the tub, wading pools, etc.
- ☐ Electrical appliances (radio, hair dryer, space heater) are not used in the bathroom.
- ☐ Electrical cords and blind cords are placed out of child's reach and away from cribs.
- ☐ Toddler gates are secured at the top and bottom of stairs.
- ☐ House is free of loose, chipping and peeling paint.
- ☐ Carbon monoxide detectors are on every floor.
- ☐ Working smoke detectors are properly placed, tested monthly, and batteries replaced every 6 months.
- ☐ Household products, medicines, and cosmetics (perfume and make-up) are stored out of children's reach and in their original container.
- ☐ Household cleaners are stored in areas that children cannot get into.
- ☐ Safety caps are on medicine containers and household products are securely fastened.
- ☐ Plants are placed out of child's reach.
- ☐ Window guards are used so child cannot fall out. Crib/bed is not next to window.
- ☐ Knives and sharp objects are kept out of child's reach.
- ☐ Small toys and other small objects are kept away from small children.
- ☐ Child safety seat is properly installed, placed in the middle of the back seat, and is used for **ALL** travel.
- ☐ Plastic bags are kept out of sight and out of child's reach.
- ☐ No smoking occurs in the house or car.

Well Child Visits

Well child visits are important for all children. They include visits to doctors at specific times during infancy, childhood, and the teen years. These visits allow your doctor to prevent, find and treat problems before they progress. During these visits, your doctor will do a complete physical exam and talk to you about growth, development, injury prevention, diet, discipline and sleep problems.

The chart below shows when most children should receive well-child visits. If your child has any special problems (for example, was born prematurely or at low birthweight) or if you have any concerns or questions about your child's health, your doctor may recommend more frequent visits.

Recommended Well-Child Care Visit Schedule

- | | | |
|-----------------|-------------|--------------------------|
| • 3-4 day check | • 9 months | • 3 years |
| • 2-4 weeks | • 12 months | • 4 years |
| • 2 months | • 15 months | • 5 years |
| • 4 months | • 18 months | • 6 years |
| • 6 months | • 24 months | • every year thru age 20 |

Parents' Notes

Infants should be encouraged to be physically active. Keeping babies and young children in strollers, playpens, car and infant seats for more than one hour each day may prevent your baby from reaching their milestones such as rolling over, crawling and walking.

Well-Child Care Visit • 3-4 Days

Examined on _____ / _____ / _____ Child's Age _____
Month Day Year Days

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit _____ / _____ / _____
Month Day Year

Safety Tip – Always place your baby on his/her back to sleep, in a safety approved crib with a firm crib mattress, even during naps. Avoid adult beds, couches, and fluffy materials such as comforters, pillows, and toys. Give your baby tummy time while awake. Do not allow smoking around your baby, in the house or car.

Things to Learn:

- Jaundice is when the skin turns yellow. Your doctor may test for jaundice at birth and the first visit.

Questions to ask:

- How do I take care of my baby's umbilical cord or circumcision?
- When are the next shots (immunizations) due?
- How can I tell when baby has had enough breast milk or formula? How often should I feed my baby?
- How many wet/dirty diapers should my baby have?
- How much should my baby sleep?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 2 - 4 Weeks

Examined on _____ / _____ / _____ Child's Age _____
 Month Day Year Weeks

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next
 Visit _____ / _____ / _____
 Month Day Year

Safety Tip – If you feel like you have the urge to shake your baby, stop and put your baby in a safe place. Walk out of the room, take some deep breaths, or call someone to help you calm down. Never shake a baby! Being a parent is hard work, but there are people who can help you.

Things to Learn:

- Your baby may hold her head up briefly when held upright; grasp a rattle; smile; coo; and respond to loud sounds.

Questions to ask:

- Why is a second newborn screening heel stick needed?
- Should my baby get vitamins and fluoride?
- How can I soothe my baby's crying?
- What is the safest way for my baby to ride in a car?
- Can I leave my baby with a sitter and go out?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 2 Months

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Months Weeks

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Car accidents are a danger to your baby's life and health. Make sure that your baby rides in an approved car seat and that it is installed properly, facing backward and in the back seat. Babies should remain rear facing in a child safety seat until they are at least one year old and weigh at least 20 pounds.

Things to Learn:

- Your baby needs plenty of time to play outside his car seats, playpen, crib and swing.

Questions to ask:

- When should I call my baby's doctor?
- What should I expect after my baby's first shots (immunizations)?
- What can I do to keep my baby from getting a flat head?
- What are the safety concerns for my baby at this age?
- When will my baby sleep through the night?
- Can I spoil my baby at this age?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 4 Months

Examined on ____ / ____ / ____ Child's Age ____ Months ____ Weeks
Month Day Year

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
Month Day Year

Safety Tip – Your baby may roll at three months and crawl as early as six months of age. Always stay close to your baby when on high places like changing tables or chairs. Use gates at top and bottom of stairways.

Things to Learn:

- Your baby can raise head and chest when lying on stomach; maintain steady head control when held upright; roll from stomach to back; hold a rattle; smile or babble.

Questions to ask:

- What shots (immunizations) will my baby get at four months?
- Why is it important for my baby to have "tummy time"?
- When can I start giving solid foods to my baby?
- When will my baby's first tooth appear and how will my baby act?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 6 Months

Examined on _____ / _____ / _____ Child's Age _____
Month Day Year Months Weeks

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other tests	

Next Visit / /
Month Day Year

Safety Tip – Your baby will soon start putting everything into his or her mouth. To prevent choking, never feed baby hard pieces of food or candy and keep small objects away from your baby. Wash baby's toys and other items often to avoid spreading germs.

Things to Learn:

- Your baby can roll over; sit with support or lean forward on hands when placed in a sitting position; reach for and grasp objects; turn to sounds that come from out of immediate sight; and may cry around strangers.
- Dental problems and ear infections can be caused by propping a bottle or sippy cup, constant nursing throughout the night, or giving the bottle as a pacifier.

Questions to ask:

- Now that my baby can move around, how can I keep him safe?
- What can I do to help my baby with teething?
- How do I know if my baby has had a reaction to a food?
- Does my baby need shoes? What kind of shoes, if any?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 9 Months

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Months Weeks

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Blood Test for anemia <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other tests _____	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Your baby may love to play in water. Never leave baby alone in or near a bathtub, toilet, pail of water, wading or swimming pool or any other water, even if older children are with them.

9 Month Questionnaire

- | | Yes | No |
|--|--------------------------|--------------------------|
| • Are you worried about your baby's hearing? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby turn or look up when you call? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are you worried about your baby's vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby respond to seeing self in mirror by laughing, patting, or reaching? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby bang two objects together? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby wave "bye bye"? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby say "dada" or "mama"? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby get into a sitting position and out again? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby pull self up to standing position when holding onto your thumbs? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does your baby enjoy dropping things and watching them fall? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Has your baby begun to eat finger foods and drink from a cup? | <input type="checkbox"/> | <input type="checkbox"/> |

Things to Learn:

- Your baby will sit well; crawl; poke with the index finger; can finger-feed partially, enjoy imitating sounds and turn or look up when you call; enjoy games like peek-a-boo, show emotions by making faces, and can find a toy hidden under a cloth.
- Ask your local health department or doctor for a list of things that contain lead.

Questions to ask:

- What table foods are safe and healthy for my baby?
- What can be done to make my house safer?
- Is it normal for baby to be afraid of strangers now?
- How can diaper rash be prevented or managed?
- How can I correct my baby without punishing or being mean?
- What is lead poisoning?

Well-Child Care Visit • 12 Months

Examined on ____ / ____ / ____ Child's Age ____ Months ____ Weeks
 Month Day Year

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
TB Skin Test* <input type="checkbox"/> Yes <input type="checkbox"/> No	
Blood Lead Test* <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests _____	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Your baby will reach and grab for everything. Be sure to keep hot foods and hot liquids out of reach. Turn pan handles away from the edge of the stove. Never carry anything hot while you carry your baby.

*May be required more often in your area. Check with your doctor.

Things to Learn:

- Your baby may pull up to a standing position; walk along furniture; walk holding someone's hand and may take a few steps alone; bang two blocks together; say 1-3 words besides "mama" and "dada"; play games like peek-a-boo and pat-a-cake; and use a cup..
- Dentists recommend your baby's first check-up by age one.
- If your baby weighs at least 20 pounds, place in a forward facing safety seat. Most car seats are used wrong. Check the car seat instruction book to use your child's seat safely.

Questions to ask:

- What is the best way to wean my baby?
- How can I encourage baby's speech development?
- How can I set limits without saying "no" all the time?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 15 Months

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Months Weeks

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Be sure to keep all household products and medicines out of sight and reach. Use safety caps on all medicines. The Poison Control number is 1-800-222-1222.

Things to Learn:

- Your baby may walk alone; crawl up stairs; use fingers to eat; drink from a cup; say 3-6 different words; recognize self in the mirror; give and take a toy; hug; and understand simple commands like "Come here" and "No".

Questions to ask:

- Why doesn't baby eat as much as before?
- What can be done to prevent cavities?
- What are the safety concerns for baby at this age?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

18 Month Parent Questionnaire

If you have concerns about your child's hearing, vision, or speech, talk with your doctor. Here are some simple questions you can ask yourself:

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Are you worried about your child's vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your child point to objects far away? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your child try to pick up small objects the size of a raisin? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your child point to pictures when you name them? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Are you worried about your child's hearing? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Does your child try to turn his head toward a sound, or when his name is called? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your child respond to simple directions, like "Come here" or "Put that down"? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your child put two words together, like "more milk"? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Can your child use 10 to 20 words? | <input type="checkbox"/> | <input type="checkbox"/> |

Parents' Notes

Well-Child Care Visit • 18 Months

Examined on ____ / ____ / ____ Child's Age ____ Months ____ Weeks
Month Day Year

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
Month Day Year

Safety Tip – Even though your toddler is walking, he/she will still fall sometimes. Keep sharp-edged furniture from the room. Use gates on stairways and window guards on windows.

Things to Learn:

- Your child may have strong likes and dislikes and may not like the same things anymore; has learned to run, throw a ball and follows simple directions.

Questions to ask:

- What are healthy snacks?
- How can I handle temper tantrums?
- Is my child's sleeping pattern normal?
- How can I tell when my child is ready for toilet training?
- What are the safety concerns for my child at this age?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 24 Months

Examined on ____ / ____ / ____ Child's Age ____ Months ____ Weeks
 Month Day Year

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Head Circumference _____	
Body Mass Index (BMI) _____	
Shots up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Blood Lead Test <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests _____	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Your toddler is at danger for drownings, poisoning, falls and burns. Your toddler is able to move around quickly so it is important to provide adequate protection and continuous adult supervision. Never leave a child alone in or around a car.

Things to Learn:

- Your toddler may climb up and down steps alone; climb and jump on furniture; jump with both feet; open doors; use a cup and spoon well; imitate behavior; kick a ball; draw lines and circles; and say 50 or more single words.
- Car accidents are the leading cause of death for children 2-18 years of age. Continue using a car seat. See your car seat instruction book for proper use.

Questions to ask:

- How can I help my child develop good eating habits?
- How much TV should my toddler watch?
- When should I move my child from a crib to a bed?
- How would another pregnancy or new baby affect my child?
- What toys are safe for my child?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 3 Years

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Years Months

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Body Mass Index (BMI) _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – The adult lap and shoulder belt system in a vehicle does not fit most children until they are 4'9" tall and weigh about 80 pounds. Keep your child in a booster seat until the safety belt system fits properly. Children under the age of 13 should always sit in the back seat.

Things to Learn:

- Your child may jump in place; balance on one foot; pedal a tricycle; dress self; feed self; wash and dry hands; speak clearly most of the time; and may be able to tell name and age.
- Children still need careful and constant supervision. Teach your child never to follow a ball or run into the street.
- Set a good example for your child by always wearing your seat belt and bicycle helmet.

Questions to ask:

- How can I encourage my child to have independence and good behavior?
- When can my child start helping with chores?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 4 Years

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Years Months

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Body Mass Index (BMI) _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next
 Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Head injuries can happen from falling and hitting the head on cement, rock or other hard surfaces. Always have your child wear a helmet when riding a horse, a bike, skateboard or scooter. Helmets reduce the risk of serious brain injury by 85 percent. Make sure your child buckles the helmet strap every time.

Things to Learn:

- Your child may walk on tip-toes; hold and use a pencil with good control; count from 1 to 10; draw a person with a face, arms and legs; play well with other children; and enjoys make-believe and dressing-up play.
- Children at this age still need constant and close supervision.
- Brushes teeth but needs help by a parent.

Questions to ask:

- What do I look for in a good preschool?
- What are the safety concerns for my child at this age?
- What kind of discipline does my child need at this age?
- Is my child overweight? Is it a concern?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 5 Years

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Years Months

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Body Mass Index (BMI) _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Cars are one of the greatest dangers for children. Children are hard to see and easily distracted. Teach your children to stop at streets, look "left-right-left" and wait until it is safe to enter the street. Be a good example!

Things to Learn:

- Your child may skip; broad-jump; throw a ball overhand; use scissors and glue; name 4-5 colors; know and tell you how old he is; tell a simple story; dress and undress by himself; begin to understand right from wrong; and can tell the difference between boys and girls.
- Teach your child his name, address including zip code, telephone number with area code, and how and when to dial 9-1-1.

Questions to ask:

- How often should my child be seen by the dentist?
- What are the safety concerns for a child at this age?
- How can I tell if my child is ready for kindergarten?
- How can I answer my child's questions about sex?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Well-Child Care Visit • 6 Years

Examined on ____ / ____ / ____ Child's Age ____
 Month Day Year Years Months

Name of doctor or clinic _____

Height _____	Notes from the visit
Weight _____	
Body Mass Index (BMI) _____	
Shots (Immunizations) up to date <input type="checkbox"/> Yes <input type="checkbox"/> No	
Other Tests	

Next
 Visit ____ / ____ / ____
 Month Day Year

Safety Tip – Teach your child about stranger danger. Your family should have a code word which should be used when someone other than a parent is picking up your child. Have a current picture and fingerprints on file at all times.

Things to Learn:

- Your child may throw, catch and bounce a ball 4-6 times; ride a bike; tie shoelaces; print a few letters; tell right from left; and draw a person with 6 body parts and clothes.
- A well-balanced diet is important for your child. Avoid soft drinks like soda pop and other high-fat or high-sugar food.
- Your child should be active and may think she can do more than she can. Make sure she has helmets, elbow and knee pads while participating in recreational activities.

Questions to ask:

- How can I build my child's self-esteem?
- How can I help my child develop good health habits?
- How much sleep should my child get each night?
- How much TV (computers, video games) should my child watch each day?

Your Thoughts and Questions

Visits between well child checkups

Date	Reason for visit	Care given	Doctor

Record of Illness

Date			Age	Notes about Illness
Month	Day	Year		
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			
/	/			

Special Notes About Medications

Note to parents about antibiotics: Most illnesses are caused by either a bacteria or a virus. Antibiotics are not effective against viruses. Only use antibiotics when prescribed by your doctor. Take it until it is gone and never borrow or use leftover antibiotics. If not used correctly, antibiotics can cause antibiotic-resistant bacteria. This means the antibiotics no longer kill the bacteria. These bacteria are harder to treat, cause longer hospital stays, and stronger antibiotics may not work at all.

Shots (Immunizations)

Babies need to be protected against common illnesses and diseases. You need to have your baby immunized to protect against diseases like hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, haemophilus influenzae, pneumococcal diseases, measles, mumps, rubella, chicken pox, and hepatitis A.

It is important to keep records of the immunizations your child receives. Utah Law requires that all children attending public or private school, licensed child care centers, or Head Start programs be up-to-date on their immunizations. Ask your doctor to record immunizations in your child's personal immunization record which can be placed inside the back cover of this book.

For more information about immunizations, call your doctor or local health department.

Immunization Record

Your child should receive an official immunization record (card) with his very first shot (immunization) at the hospital. Place your child's card in this pocket. Take the immunization record to all your child's well child visits, and to any immunization clinic visits. Your doctor or clinic will make the appropriate note on the card whenever an immunization is given to your child. You will need this record for enrollment in child care or each school your child attends, including college.



Thank you for using the Baby Your Baby Health Keepsake.
Remember that preventative health care is important
throughout childhood and the teen years.