

# Growth and Development

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### Babies

Babies need check-ups:



- At birth
- At 2-4 days if discharged in less than 48 hours after delivery
- By 1 month
- At 2 months
- At 4 months
- At 6 months
- At 9 months
- At 12 months
- At 15 months
- At 18 months

You should take your baby to the doctor.

At each visit, the doctor will:

- Check your baby's weight, length, and head size to make sure your baby is growing as expected
- Check your baby's motor skills, vision, and hearing
- Give your baby any immunizations that he needs
- Observe your baby's emotional and social development
- Ask how you and the rest of the family are doing
- Ask how your baby is eating and sleeping
- Ask whether you have noticed any changes in behavior

The doctor may also ask you:

### At 2 months

- Does your baby smile?

- Do you have a routine feeding schedule?
- Have you bonded with your baby?
- Has the rest of the family bonded with the baby?

#### At 4 months

- Does your baby reach for objects?
- Does your baby try to put objects in his mouth?
- Does your baby cry less often than before?
- Is your baby getting used to the family??

#### At 6 months

- Does your baby sit up?
- How is your baby's hand-eye coordination?

#### At 9 months

- How is your baby eating?
- Does your baby pick up objects?
- Does your baby know his name?

#### At 12 months

- Does your baby walk while holding on to furniture?
- Does your baby like to play peek-a-boo or patty-cake?

#### Check-ups for Older Children

Your child should have a check-up every year from 2 years to 20 years of age.



During the check-up, the doctor may:

- Measure your child's weight and height
- Check your child's blood pressure, hearing, and vision
- Do a physical examination
- Give any immunizations that he needs
- Talk to your child about school and social activities

## Dental Check-ups

Your child should have a dental check-up every six months. This should be a positive experience.



To prepare your child for a visit to the dentist:

- Tell your child about the appointment
- Talk about the visit in a positive way
- If age-appropriate, read your child a story about a child who goes to the dentist
- If your child has questions, answer them honestly
- Set a good example by brushing your teeth, flossing, eating a balanced diet, avoiding tobacco and visiting the dentist regularly