

**QUICK REFERENECE GUIDE TO WELL-VISITS BIRTH-5 YEARS**

**2 Week Check-Up**

At 2 weeks most babies are starting to track objects to midline, squinting or blinking to light, startling, beginning to develop head control, and may be able to lift their heads a little when placed on their stomachs.

At their next check-up at 2 months of age, many babies are cooing, smiling, lifting their heads and shoulders when placed on their stomachs, following objects past midline, looking at faces, and tightly grasping your finger.

A few things to remember about taking care of your baby:

* Always sleep your baby on his back or side.
* Always wash your hands before holding your baby.
* Do not allow people with illnesses to be around your baby, including those with runny noses.
* Call the doctor before giving any medications.
* You may use nasal saline drops followed by a bulb suction device to gently clean your baby's nose.
* Tummy Time - 3 times a day, at least 5 minutes each.
* If your baby has a fever equal to or greater than 100.4, call the doctor immediately.

**2 Month Check-Up**

At 2 months most babies are lifting their heads when lying on their stomachs, grasping objects, following objects with their eyes, cooing, and smiling.

At their next check-up at 4 months of age, your baby will probably be able to hold his head up,   
roll front to back, push his body up while lying on his stomach, reaching for objects, bringing  
his hands together, smiling, and laughing.

Some things you can do to help your baby's development include doing "tummy" time, talking and smiling to your baby, playing lullabies, installing a mirror in the crib, and showing your baby bright objects with a lot of contrasting colors.

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| Infant's Tylenol Doses | Every 4 to 6 hours |
| Baby's weight | Dose |
| 8-11 lbs | 0.4 ml |
| 12-18 lbs | 0.8 ml |

**4 Month Check-Up**

At 4 months most babies are pushing their shoulders up while lying on their stomachs, rolling from front to back, reaching for objects, and smiling and laughing.

At their next check-up at 6 months of age, most babies will be starting to sit up, rolling both ways, babbling, laughing and squealing.

Some things you can do to help your baby's development include playing under a hanging toy gym, offering age appropriate toys like rattles, teething toys and balls, doing "tummy" time, beginning to try a stationary play station such as an excer-saucer, and talking, smiling and singing to your baby.

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| Infant's Tylenol Doses | Every 4 to 6 hours |
| Baby's weight | Dose |
| 8-11 lbs | 0.4 ml |
| 12-18 lbs | 0.8 ml |
| 18-23 lbs | 1.2 ml |

## 6 Month Check-Up

At 6 months most babies are starting to sit, reaching and grabbing objects, moving objects from hand to hand, and making sounds such as "ba ba ba".

At their next check-up at 9 months of age, many babies are sitting well, beginning to crawl, picking up small objects with their finger and thumb, and making a variety of sounds.

A few things that will help your child develop are reading, singing and talking to your baby, playing peek-a-boo, offering toys like soft baby dolls with no loose parts, rattles, and blocks.

# Safety reminders:Safety reminders:

* Do not use infant walkers.
* Cover all electrical outlets with safety plugs.
* Do not leave baby unattended especially in or near water or stairs.

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| --- | --- | --- | --- | --- |
| Doses | Infant's Tylenol | Children's Tylenol | Infant's Motrin | Children's Motrin |
| na | Every 4 to 6 hours | | Every 6 to 8 hours | |
| 8-11 lbs | 0.4 ml | na | na | na |
| 12-17 lbs | 0.8 ml | 1/2 tsp. | 1.25 ml | 1/2 tsp. |
| 17-23 lbs | 1.2 ml | 3/4 tsp. | 1.875 ml | 3/4 tsp. |
| 24+ lbs | 1.6 ml | 1 tsp. | 2.50 ml | 1 tsp. |

## 9 Month Check-Up

At 9 months most babies are starting to crawl, picking up small things with their finger and thumb, and may imitate some sounds like "da-da".

At their next check-up at 12 months of age, many babies are pulling to stand, some even walking, waving "bye-bye", feeding themselves, and saying one or two words.

A few things that will help your child develop are reading to your baby, singing, toys that allow your baby to master a task like opening and closing, stacking, pushing buttons, putting in and taking out, push toys, and small puzzles with two or three pieces.

# Safety Reminder:Safety Reminder:

* All cabinets should have childproof latches.
* Do not use infant walkers.
* Have Poison Control Center number available.
* Keep all medicines, cleaners and poisons out of reach and locked away.
* Do not leave your baby unattended especially near water or stairs.
* Keep stairs secure.
* Always use a rear-facing car seat

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| Doses | Infant's Tylenol | Children's Tylenol | Infant's Motrin | Children's Motrin |
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| 8-11 lbs | 0.4 ml | na | na | na |
| 12-17 lbs | 0.8 ml | 1/2 tsp. | 1.25 ml | 1/2 tsp. |
| 17-23 lbs | 1.2 ml | 3/4 tsp. | 1.875 ml | 3/4 tsp. |
| 24+ lbs | 1.6 ml | 1 tsp. | 2.50 ml | 1 tsp. |

## 12 Month Check-Up

At 12 months most babies are pulling to stand, beginning to walk, saying two words, drinking from cups and feeding themselves.

At their next check-up at 15 months of age, most babies are walking well, saying two to five words, kicking a ball and climbing stairs.

A few things that will help your child develop are reading to your baby, singing, shape sorters, push and pull toys, ride-on toys, and small puzzles with two to three pieces.

# Safety reminders:Safety reminders:

* All cabinets should have child proof latches.
* Avoid choking foods.
* Have Poison Control Center number available.
* Keep all medicines, cleaners and poisons out of reach and locked away.
* Do not leave your baby unattended especially near water, stairs or the street.
* Always use a forward-facing car seat if your baby is over 20 pounds.

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| --- | --- | --- | --- | --- |
| Doses | Infant's Tylenol | Children's Tylenol | Infant's Motrin | Children's Motrin |
| n | Every 4 to 6 hours | | Every 6 to 8 hours | |
| 12-17 lbs | 0.8 ml | 1/2 tsp. | 1.25 ml | 1/2 tsp. |
| 17-23 lbs | 1.2 ml | 3/4 tsp. | 1.875 ml | 3/4 tsp. |
| 24+ lbs | 1.6 ml | 1 tsp. | 2.50 ml | 1 tsp. |

## 15 Month Check-Up

At 15 months most babies are saying two to five words, kicking a ball, climbing stairs, pointing to a body part, and stacking two blocks.

At their next check-up at 18 months of age, most babies are walking backwards, saying fifteen to twenty words, and following simple commands.

A few things that will help your child develop are reading to your baby, singing, pop-up toys, nesting cups, simple slides with handrails, ride-on toys, pounding and hammering toys and small puzzles.

# Safety Reminders:Safety Reminders:

* All cabinets should have child proof latches.
* Avoid choking foods and toys.
* Have Poison Control Center number available.
* Keep all medicines, cleaners and poisons out of reach and locked away.
* Do not leave your baby unattended especially near water, stairs or the street.
* Always use a forward-facing car seat if your baby is over 20 pounds.
* Lower crib mattress.

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| --- | --- | --- | --- | --- |
| Doses | Infant's Tylenol | Children's Tylenol | Infant's Motrin | Children's Motrin |
| na | Every 4 to 6 hours | | Every 6 to 8 hours | |
| 17-23 lbs | 1.2 ml | 3/4 tsp. | 1.875 ml | 3/4 tsp. |
| 24-35 lbs | 1.6 ml | 1 tsp. | 2.50 ml | 1 tsp. |
| 36-47 lbs | n | 1 1/2 tsp. | n | 1 1/2 tsp. |

## 18 Month Check-Up

At 18 months most babies are saying fifteen to twenty words, walking backwards, following simple commands, throwing a ball, and looking at pictures and naming objects.

At their next check-up at 2 years of age, most babies are using two word phrases, kicking a ball, imitating adults, and following two-step commands.

A few things that will help your child develop are reading to your baby, push and pull toys, ride-on toys, balls, bubbles, puzzles, instruments, dolls and puppets.

# Safety Reminders:Safety Reminders:

* Child-proof entire home. Toddlers love to explore new things
* Avoid choking foods, balloons and plastic bags.
* Have Poison Control Center number available.
* Do not leave your baby unattended especially near water, stairs or the street.
* Always use a forward-facing car seat.
* Put toys in a chest without a dropping lid.
* Lower crib mattress.

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| Doses | Infant's Tylenol | Children's Tylenol | Infant's Motrin | Children's Motrin |
| na | Every 4 to 6 hours | | Every 6 to 8 hours | |
| 17-23 lbs | 1.2 ml | 3/4 tsp. | 1.875 ml | 3/4 tsp. |
| 24-35 lbs | 1.6 ml | 1 tsp. | 2.50 ml | 1 tsp. |
| 36-47 lbs | n | 1 1/2 tsp. | n | 1 1/2 tsp. |

## 2 Year Check-Up

At 2 years old most toddlers can say two word phrases, kick a ball, imitate adults, follow two-step commands, climb into adult chairs and feed themselves with a spoon.

At their next check-up at 3 years of age, most toddlers can say three or more word phrases, ride a tricycle, stand on one foot, and copy a circle.

A few things that will help your child develop are reading to your baby, books, a tricycle, ride-on toys, balls, bubbles, puzzles, instruments, dolls, puppets, art supplies, and play-doh.

# Safety Reminders:Safety Reminders:

* Child-proof entire home. Toddlers love to explore new things
* Avoid choking foods, balloons and plastic bags.
* Have Poison Control Center number available.
* Do not leave your baby unattended especially near water, stairs or the street.
* Always use a forward-facing car seat.
* Put toys in a chest without a dropping lid.
* Put in toddler bed if getting out of crib.
* Wear helmet on a tricycle.

## 3 Year Check-Up

At 3 years old most toddlers can jump, ride a tricycle, copy a circle and a cross, and state their name, age, and gender.

At their next check-up at 4 years of age, most children can sing a song, draw a person with three parts, distinguish fantasy from reality, give their first and last name, and build a ten block tower.

A few things that will help your child develop are reading to your baby, books, a tricycle, ride-on toys, balls, bubbles, puzzles, instruments, dolls, puppets, art supplies, and play-doh.

# Safety Reminders:Safety Reminders:

* Never leave your child alone in a car.
* Always use appropriate car or booster seat.
* Hold onto hand when near traffic.
* Continuously watch your child around water.
* Always use a helmet.
* Have Poison Control number available

## 4 Year Check-Up

At 4 years old most children can sing a song, draw a person with three parts, distinguish fantasy from reality, give their first and last name, and build a ten block tower.

At their next check-up at 5 years of age, most children can dress themselves without help, copy a triangle and a square, learn their address and phone number, recognize most letters and print some, and play make-believe.

A few things that will help your child develop are reading to your child, books, a bicycle, balls, sports equipment, puzzles, art supplies, and board games.

# Safety Reminders:Safety Reminders:

* Never leave your child alone in a car.
* Teach your child the first and last name of family members.
* Hold onto hand when near traffic.
* Teach your child never to go with a stranger.
* Always use a helmet.
* Have Poison Control number available.
* Limit TV to 1 to 2 hours per day.

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| --- | --- | --- |
| Doses | Children's Tylenol | Children's Motrin |
| na | Every 4 to 6 hours | Every 4 to 6 hours |
| 17-23 lbs | 3/4 tsp. | 3/4 tsp. |
| 24-35 lbs | 1 tsp. | 1 tsp. |
| 36-47 lbs | 1 1/2 tsp. | 1 1/2 tsp. |
| 47-59 lbs | 2 tsp. | 2 tsp. |

## 5 Year Check-Up

At 5 years old most children can learn their address and telephone number, draw a person with a head, body, arms, and legs, recognize most letters and plays make-believe.

At their next check-up at 6 years of age, most children can print most letters, write their name and ride a bike.

A few reminders:

# Safety Reminders:Safety Reminders:

* Read with your child everyday.
* Kids at this age like to take risks; watch them closely.
* Practice a home fire escape plan.
* Have most meals together as a family.
* Never leave your child alone in a car.
* Teach your child the first and last name of family members.
* Hold onto hand when near traffic.
* Teach your child never to go with a stranger.
* Always use a helmet with bikes and skateboards.
* Have Poison Control number available.
* Limit TV and video games to 1 to 2 hours per day.