

Well Child Check

2 Months

- **Topics to discuss with your health care provider:**
 - ◆ how you and baby are doing at home
 - ◆ how you are feeling about changes in your home life
 - ◆ the benefits of tummy time and how to incorporate it into your routine
 - ◆ importance of reading to baby daily

Never place baby on stomach while sleeping; put baby on back to sleep.

Well Child Check

4 Months

☐ Topics to discuss with your health care provider:

- ◆ any sleeping or feeding issues
- ◆ bed time routine
- ◆ when to introduce baby cereal
- ◆ any questions or concerns about your baby's development
- ◆ importance of reading to baby daily
- ◆ what to expect the baby to be doing by the next visit

Well Child Check

6 Months

☐ Topics to discuss with your health care provider

- ◆ transition to solid food for your baby
- ◆ proper oral care
- ◆ any concerns you have about child care
- ◆ any questions you have about development
- ◆ importance of reading to baby daily

Well Child Check

9 Months

☐ Topics to discuss with your health care provider:

- ◆ advice on baby safety
- ◆ developing motor skills
- ◆ transition from infant to toddler
- ◆ importance of reading to baby daily
- ◆ any questions about development

Well Child Check

1 Year

- **Topics to discuss with your health care provider:**
 - ◆ discipline
 - ◆ playgroups
 - ◆ nap/bedtime routine
 - ◆ oral hygiene
 - ◆ mealtime and nutrition
 - ◆ what to expect from child by next visit
 - ◆ specific skills/things to be working on with your child
 - ◆ what you can do to help your child learn and grow

****Remember that your child must be 1 year AND 20 pounds before putting them in a front facing car seat.****