

# Welcome Baby!

Your Well-Child Visits from 0-8 Years



*It's never too early to start reading with your baby! Starting at birth, reading with children promotes healthy brain development.*

## 2-5 Day Visit

- Feeding & gaining weight
- Back-safe sleep
- Tummy time
- Taking care of Mom's health
- Daycare plans

Appointment Date

## 1 Month Visit

- Sleeping & feeding habits
- Back-safe sleep & safety
- Hearing & vision
- Tummy time

Appointment Date

## 2 Month Visit

- Sleeping & feeding habits
- Hearing & vision
- Physical & immunizations
- Tummy time

Appointment Date

## 4 Month Visit

- Sleeping and eating habits
- Physical & immunizations
- Tummy time

Appointment Date

## 6 Month Visit

- Sleeping and eating habits
- Cognitive & physical development
- Physical & immunizations
- Safety with crawling

Appointment Date

## 9 Month Visit

- Sleeping and eating habits
- Cognitive & physical development
- Physical & immunizations

Appointment Date

## Happy 1st Birthday

- Developmental screening
- Anemia screening & lead testing
- Hearing & vision
- Sleeping and eating habits
- Physical & immunizations

Appointment Date

## 15 Month Visit

- Sleeping and eating habits
- Emotional & cognitive development
- Physical & immunizations

Appointment Date

## 18 Month Visit

- Sleeping and eating habits
- Cognitive & physical development
- Physical & immunizations

Appointment Date

## 2 Year Visit (24 months)

- Developmental screening
- Sleeping and eating habits
- Lead testing
- Physical & immunizations
- Potty training

Appointment Date

## 2 ½ Year Visit (30 Months)

- Developmental screening
- Nutrition & activity
- Physical & immunizations
- Potty training

Appointment Date

## 3 Year Visit (36 Months)

- Developmental screening
- Sleeping and eating habits
- Nutrition & activity
- Physical & immunizations
- Potty training
- Preschool/head start

Appointment Date

## 4 Year Visit

- Developmental screening
- Staying healthy
- School-readiness
- Physical & immunizations

Appointment Date

## 5-6 Year Visit

- Staying healthy
- School-readiness
- Family time
- Physical & immunizations

Appointment Date

## 7-8 Year Visit

- Staying healthy
- School-readiness
- Family time
- Physical

Appointment Date

## Do you have young children or a newborn at home?

Keeping up with appointments and to-do lists can feel like a lot. We can help with children from NICU babies to adolescents. The Bright Beginnings Program can help:

- Provide education
- Identify specialty providers
- Link to community resources or services

Call us at **1-844-694-6411** or **1-800-662-1220**. Hours are Monday –Friday, 8 am – 5 pm to connect with us.

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Excellus 

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