planning baby's checkups

Know when baby will need to see the pediatrician (a lot!), and what will happen when you get there. This is the schedule that the American Academy of Pediatrics (AAP) recommends for the first two years.

◯ AT EVERY APPOINTMENT, STARTING AT BIRTH

Full physical exam: Baby will get a head-to-toe exam at each visit to check reflexes, skin tone, alertness, and hip stability. The doctor will check the shape of baby's head to make sure it's rounding out nicely.

Measurements: Baby's length (later referred to as his height), weight, and head circumference

Development: The doctor will gauge whether baby's development and behaviors are on track.

◯ 3–5 DAYS AFTER BIRTH

Full physical exam: If baby hasn't had a metabolic/hemoglobin screening yet, he will now, so mentally prepare for a blood draw.

◯ 1 MONTH

Full physical exam

Tuberculosis test

Immunizations (refer to pages 165–167)

◯ 2 MONTHS

Full physical exam

Immunizations (refer to pages 165–167)

◯ 4 MONTHS

Full physical exam

Hematocrit or hemoglobin screening: This blood screening helps indicate anemia.

Immunizations (refer to pages 165–167)

◯ 6 MONTHS

Full physical exam

Immunizations (refer to pages 165–167)

Influenza vaccine/flu shot (if this appointment falls during flu season)

OTHER TESTS YOUR DOCTOR MAY DO

Lead screening (to make sure baby hasn't been exposed to dangerous levels of lead, which can affect developmental and behavioral growth)

Oral health screening (baby may have her first tooth by now!)

◯ 9 MONTHS

Full physical exam

Development screening: The doctor will ask you a series of questions about baby's growth and behavior, and also may ask you to play with your baby to see how he behaves and moves. The intent is to see if your baby is learning basic skills at a normal rate.

Immunizations (refer to pages 165–167)

OTHER TESTS YOUR DOCTOR MAY DO

Oral health screening

◯ 12 MONTHS

Full physical exam

Immunizations (refer to pages 165–167)

OTHER TESTS YOUR DOCTOR MAY DO

Lead screening

Tuberculosis test

Oral health screening

◯ 15 MONTHS

Full physical exam

Immunizations (refer to pages 165–167)

◯ 18 MONTHS

Full physical exam

Autism screening: The doctor will check for a group of developmental disorders that can affect a child's behavior, social skills, and communication skills.

Immunizations (refer to pages 165–167)

OTHER TESTS YOUR DOCTOR MAY DO

Hematocrit or hemoglobin test to check for anemia (another blood draw)

Lead screening

Tuberculosis test

Oral health screening

◯ 24 MONTHS

Full physical exam

Autism screening

Immunizations (refer to pages 165–167)

OTHER TESTS YOUR DOCTOR MAY DO

Hematocrit or hemoglobin screening

Lead screening

Tuberculosis test

Oral health screening

Dyslipidemia screening, which tests for signs of a lipid disorder