



**CenCalHEALTH®**  
Local. Quality. Healthcare.

# Stay Healthy Kids: 0-12 Months

Regular pediatric visits are an important part of your baby's life.

These visits help your baby grow and thrive through scheduled immunizations, tracking growth and development, and raising any concerns.



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## Tips and Concerns

Before each well-child visit, make a list of questions or concerns you may have about your child's health and growth.

Never hesitate to call your child's Pediatrician's office with any questions or concerns—even if you know the office is closed.

Regular visits create strong, trusting relationships among pediatrician, parent, and child.



Talk with your child's Pediatrician and dentist to schedule their immunizations and screenings.



To see if you qualify for **free transportation** to your child's appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit [www.cencalhealth.org](http://www.cencalhealth.org) and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at [qrco.de/CCHmemberportal](http://qrco.de/CCHmemberportal).

The following is a schedule of immunizations and screenings recommended at each visit throughout the first year of life.

For specific information on what services your child is due for, view the Preventive Health Guidelines at [qrco.de/preventive0-12months](http://qrco.de/preventive0-12months) or open your mobile phone's camera & point it to this QR code, then click the link.



## Overview of Screenings

- **Physical Exam:** At this exam, your child's Pediatrician will check your child's growth and development to find or prevent problems.
- **Fluoride varnish:** Prevents tooth decay and helps keep your child's teeth and gums healthy. Once teeth are present, fluoride varnish may be applied every 3–6 months until age 5.
- **Blood Lead Test:** This tests for lead levels in your child's blood. Protecting children from exposure to lead is important to lifelong good health.



## Birth to 3-5 Days old

### Congratulations on the birth of your new baby!

For many parents, the first visit to the pediatrician is also their newborn's first trip away from home.

Don't worry—we've got you covered with what to expect at your baby's first checkup.

### What to bring:

Hospital paperwork with important information about your baby.

### Immunizations:

**HepB** (Hepatitis B)

### Screenings:

- Physical Exam



## 2 Months

### Your baby is almost 2 months old, and it's time for another visit to the pediatrician.

At this age, your baby should start smiling when you talk to them, make sounds other than crying, watch you as you move, and hold their head up during tummy time.

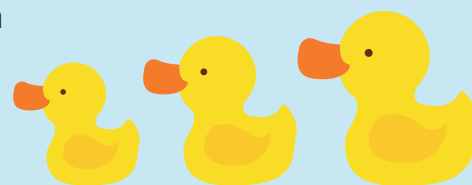
Along with the usual physical exam, your baby may also get a few shots this time.

### Immunizations:

**HepB** (Hepatitis B), **RV** (Rotavirus), **DTap** (Diphtheria, Tetanus, and Pertussis), **Hib** (Haemophilus influenzae type b), **PCV15** (Pneumococcal), **IPV** (Inactivated polio vaccine)

### Screenings:

- Physical Exam



## 4 Months

### Your baby is growing!

It's time for your baby's next visit.

Your baby should be looking at you as you move or make sounds to get your attention. They should also be making cooing sounds, holding toys in their hands, and even using their elbows to push themselves up when on their tummy.

In addition to the standard physical exam and measurements, here's what you can expect at your baby's 4-month checkup.

#### Immunizations:

**RV** (Rotavirus), **DTap** (Diphtheria, Tetanus, and Pertussis), **Hib** (Haemophilus influenzae type b), **PCV15** (Pneumococcal), **IPV** (Inactivated polio vaccine)

#### Screenings:

- Physical Exam



## 6 Months

### Happy half-birthday to your beautiful baby!

You should notice that they now recognize familiar faces, look at themselves in the mirror, make squealing noises, and even roll from their tummies to their backs! By 6 months, most babies have doubled their birth weight.

Your 6-month checkup will cover a lot, so get your questions ready!

#### Immunizations:

**HepB** (Hepatitis B), **RV** (Rotavirus), **DTap** (Diphtheria, Tetanus, and Pertussis), **Hib** (Haemophilus influenzae type b), **PCV15** (Pneumococcal), **IPV** (Inactivated polio vaccine)

#### Screenings:

- Physical Exam
- Dental check

**Ages 6 months and older are recommended a seasonal flu shot.**

**CDC recommends COVID-19 vaccination for everyone ages 6 months and older.**

## 9 Months

### 9 months... you're becoming a pro at this!

Your baby may be sitting up on their own and getting ready to crawl.

Your child's Pediatrician can guide you through what to expect as they become more active and mobile.

Here's what else you can expect at this checkup:

#### Immunizations:

- Possible final dose of **HepB** (Hepatitis B)
- Possible final dose of **IPV** (Inactivated polio vaccine)

#### Screenings:

- Physical Exam
- Dental Check
- Developmental Screening



## 12 Months

### Happy first birthday to your baby!

Be sure to share all your proud-parent moments with your child's Pediatrician.

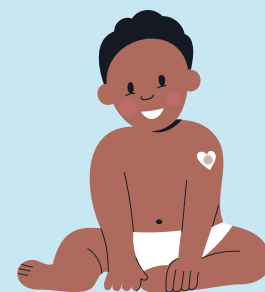
Here's what you can expect at the 12-month checkup:

#### Immunizations:

**MMR** (Measles, mumps, rubella), **Hib** (Haemophilus influenzae type b), **PCV15** (Pneumococcal), **VAR** (Chickenpox)

#### Screenings:

- Physical Exam
- Fluoride Varnish
- Blood Lead Test
- Anemia Screening



**Some people have concerns about vaccine safety.**

**If you have any questions or concerns about vaccines, please talk with your child's Pediatrician.**