

# Bright Beginnings Booklet

A Guide to Immunizations and Milestones from Birth to Age 2 ½.



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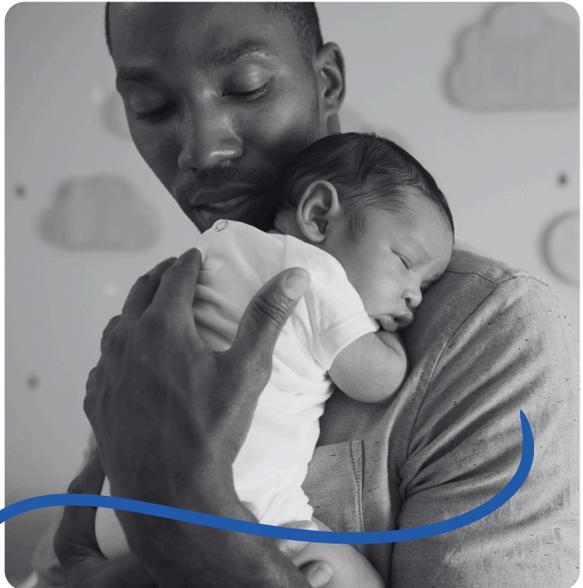


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# Your Newborn's Information

Baby's Name:

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Baby's Birthdate and Time:

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Baby's Blood Type (circle one)

A positive (A+)

B negative (B-)

O positive (O+)

A negative (A-)

AB positive (AB+)

O negative (O-)

B positive (B+)

AB negative (AB-)

Baby's Allergies (if any):

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Birthmarks (if any):

Note, this may change over time.

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# Doctor's Information

Doctor's Name:

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Address of Doctor's Office:

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Phone Number to Doctor's Office:

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Emergency Line for Doctor's Office:

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Want to Be Prepared for Emergencies?

Learn infant CPR in a few minutes through the AHA Infant CPR Anytime® Interactive app. Scan the QR Code to learn more.

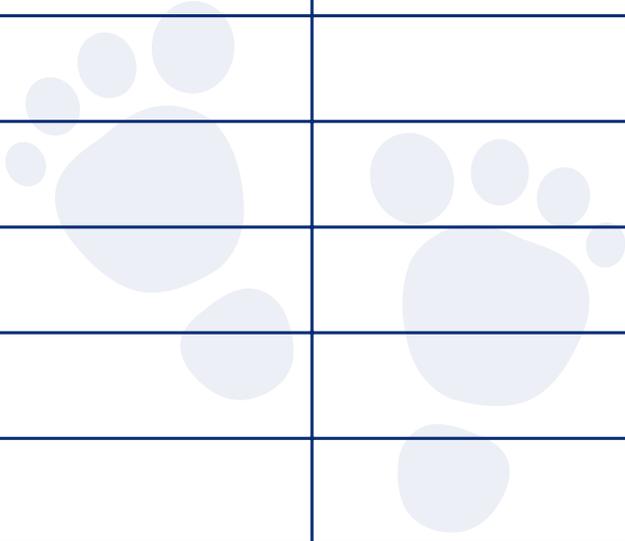


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# Track Your Baby's Growth

Use the chart to track length, height and weight at each visit.

Age	Length/Height	Weight
At Birth		
1 Month		
2 Months		
4 Months		
6 Months		
9 Months		
12 Months		
15 Months		
18 Months		
24 Months		
30 Months		



# Track Your Upcoming Visits

Use the chart to track your child's next visit to the doctor.

Well-Child Visit	Appointment Date and Time
1 month visit	
2 month visit	
4 month visit	
6 month visit	
9 month visit	
12 month visit	
15 month visit	
18 month visit	
24 month visit	
30 month visit	

# Health Coverage for Baby



It's good to know that your new baby is often covered by your health plan for the month they are born and the month after. But after that, you will need to add them to a plan of their own.

## Enroll Baby into Medi-Cal

Call your local Medi-Cal office to sign up your baby. If you have Medi-Cal, you can add your baby to your case.

### San Bernardino County

Call: **877-410-8829**

Find your district office:

[wp.sbcounty.gov/tad/find-an-office](http://wp.sbcounty.gov/tad/find-an-office)

Set up an account online:

[www.BenefitsCal.com](http://www.BenefitsCal.com)



SCAN HERE

### Riverside County

Call: **877-410-8827**

Find your district office:

[rivcodpss.org/office-locations/more-locations](http://rivcodpss.org/office-locations/more-locations)



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# San Bernardino County Medi-Cal Plans

Call or scan the QR codes below:

## Inland Empire Health Plan - IEHP

800-440-4347

TTY/TDD (800) 718-4347

[www.iehp.org/en/browse-plans/medi-cal](http://www.iehp.org/en/browse-plans/medi-cal)



## Kaiser Permanente

855-839-7613 (English)

800-788-0616 (Spanish)

TTY/TDD 711

[KP.org/medi-cal](http://KP.org/medi-cal)

## Molina Healthcare

888-665-4621

TTY/TDD 800-479-3310

[bit.ly/4oBCzfM](https://bit.ly/4oBCzfM)



To learn about a Medi-Cal Health Plan, call  
Health Care Options at 1-800-430-4263 or visit  
[www.healthcareoptions.dhcs.ca.gov](http://www.healthcareoptions.dhcs.ca.gov).

TTY users should call 1-800-430-7077.

# General Questions to Ask

Your child's doctor wants to answer your questions first. These checkups are a good time to ask about how your child is growing, acting, and feeling.

## General Questions

- Is my baby up to date on vaccines?
- Is my baby at a healthy weight? How can I make sure they are getting enough to eat?
- How can I make sure my baby is sleeping safely and getting enough sleep?
- How can I help my baby learn to talk?
- What books can I read to my baby?
- Is it okay for my baby to have screen time? How much?
- How do I clean my baby's teeth?
- What do I do if my baby gets sick?
- How can I reach a doctor or nurse when the office is closed?

This handy booklet has space for notes.  
Take it with you to your doctor's visits.

# Benefits of Well-Child Visits

- 1. Prevention:** Vaccines help keep your child from getting sick. Ask your child's doctor about healthy eating and staying safe at home and at school.
- 2. Tracking Growth and Development:** Check how much your child has grown since the last visit. Talk with your child's doctor about milestones, learning, and social skills.
- 3. Raising Concerns:** Make a list of topics to talk about with your child's doctor. This can include behavior, sleep, eating, or getting along with other family members. Pick your top 3–5 questions. Share them at the start of the visit.
- 4. Team Approach:** Regular visits help you, your child, and the doctor build trust and work together.

San Bernardino County and local health plans **DO NOT** share your personal information with immigration officials.

Every month, by law, the California Department of Health Care Services sends basic Medi-Cal information (like your name, address, and birthday) to the federal government. This is a normal part of how Medi-Cal works.

# Week of Delivery

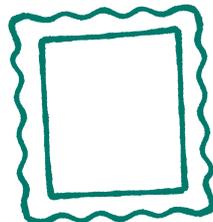
## At the Hospital

<b>Age</b>	<b>Newborn</b> (at birth, during hospital stay)
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical Exam</li><li>• Check weight, height, and head size</li><li>• Check muscle strength</li><li>• Check hips</li><li>• Newborn blood tests</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Hearing</li><li>• Bilirubin</li><li>• Heart disease</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Respiratory Syncytial Virus (RSV): if prenatal vaccine was not received</li><li>• Hepatitis B (HepB): first dose</li></ul>

Write the date of your visit: \_\_\_\_\_



Check the stamp after baby's visit.



# At the Hospital

## Milestones (at birth)

- Looks in parents' eyes
- Calms down when picked up
- Cries or makes unhappy faces and movements to show discomfort
- Moves or calms to parents' voice
- Keeps hands in fists
- Automatically grabs objects
- Moves arms and legs quickly (Moro/Startle reflex) when hearing a loud sound.

Use this space for questions or notes:

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# Week of Delivery

## First Week

<b>Age</b>	<b>First week</b> (first visit after birth)
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li><li>• Check muscle strength</li><li>• Check hips</li><li>• Newborn blood tests (if not filled out in hospital)</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Hearing</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• HepB: first dose, if not done in hospital</li></ul>

Write the date of your visit: \_\_\_\_\_

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### Reminder:

- Bring hospital papers

### Think about:

- Are there any supports or needs your family might need?
- Are there any issues with feeding, calming, or interacting with your baby?

# First Week

## Milestones (week one)

- Becomes calm to your voice
- Lifts head briefly when on stomach
- Keeps hands in fists
- Moves arms and legs quickly (Moro/Startle reflex) in response to a loud sound

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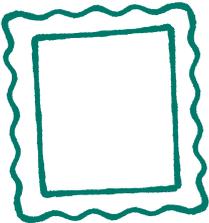
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# First Week



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after baby's visit.



Note Space:

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# Well-Baby Visits

## 1-Month Visit

Age	One month
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li><li>• Check muscle strength</li><li>• Check hips</li><li>• Newborn blood tests</li></ul> <b>Screenings</b> <ul style="list-style-type: none"><li>• Hearing</li></ul> <b>Immunizations</b> <ul style="list-style-type: none"><li>• RSV: if prenatal vaccine was not received</li><li>• HepB: second dose</li></ul>
<b>Your Doctor May Ask</b>	<ul style="list-style-type: none"><li>• If your family needs help to take care of your baby.</li><li>• If you have enough food, have permanent housing, and feel safe.</li><li>• If you or birth giver is feeling anxious or sad.</li><li>• If you or birth giver needs help managing their/your feelings.</li><li>• How your baby interacts with you or acts.</li><li>• Where your baby sleeps at night.</li></ul>

# 1-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Milestones (at one month)

- Follows you with eyes
- Comforts self by bringing hand to mouth
- Gets fussy when bored
- Calms down when picked up or spoken to
- Looks at objects for a short time
- Quiets when hearing your voice
- Cries when hungry or tired
- Moves both arms and legs together
- Slightly opens fingers when resting

## Questions for your doctor:

- Is it ok to let my baby sleep for longer periods at night?
- How much tummy time should my baby get?
- Questions about your baby's stool or the number of wet diapers.
- Questions about feeding my baby.
- Check page 9 for more questions.



# 2-Month Visit

Age	Two months
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li><li>• Check muscle strength</li><li>• Check hips</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Hearing</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• HepB: second dose, if not given in the first month</li><li>• Rotavirus: first dose</li><li>• Diphtheria, tetanus, acellular pertussis (DTaP): first dose</li><li>• Haemophilus influenzae type B (Hib): first dose</li><li>• Pneumococcal conjugate f (PCV): first dose</li><li>• Inactivated polio (IPV): first dose</li></ul>
<b>Your Doctor May Ask</b>	<ul style="list-style-type: none"><li>• If your baby drinks anything other than breast milk or iron-fortified formula, they could get anemia.</li><li>• About safe sleep practices.</li><li>• About other safety issues, like over-bundling or car seat use.</li></ul>

# 2-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Milestones (at two months)

- Calms down when picked up or spoken to
- Looks at your face
- Seems happy to see you
- Smiles when you talk or smile
- Makes sounds other than crying
- Reacts to loud sounds
- Watches you as you move
- Looks at toys for several seconds
- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

## Questions for your doctor:

- How much tummy time should my baby be getting?
- What toys can help my baby learn and grow?
- Check page 9 for more questions.



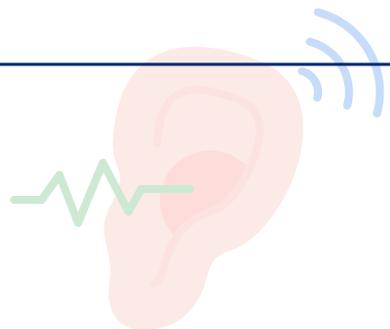
# Hearing Screenings

Your baby has hearing tests at two months and 15 months old. During this time, a baby's hearing can get worse slowly or all at once.

Use this checklist to see how your baby is hearing.

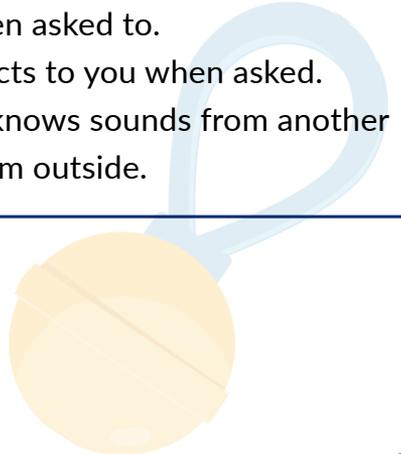
If your baby misses any two items for their age, call your doctor.

Age	Hearing and Understanding
<b>Birth to three months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Startles at loud, sudden noises within 3 feet.</li><li><input type="checkbox"/> Becomes calm to a familiar, friendly voice.</li><li><input type="checkbox"/> Wakes up when you speak or make noise nearby.</li></ul>
<b>Three to six months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Looks to see where sounds come from.</li><li><input type="checkbox"/> Becomes scared by an angry voice.</li><li><input type="checkbox"/> Smiles when someone talks to them.</li><li><input type="checkbox"/> Likes to play with toys or objects that make noise.</li></ul>



# Hearing Screenings

Age Level	Hearing and Understanding
<b>Six to nine months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Turns and looks at you when you are speaking in a quiet voice.</li><li><input type="checkbox"/> Waves when you say “bye-bye.”</li><li><input type="checkbox"/> Stops for a moment when you say “no-no.”</li><li><input type="checkbox"/> Looks at objects or pictures when someone talks about them</li></ul>
<b>Nine to 12 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Points to or looks at familiar objects or people when asked to.</li><li><input type="checkbox"/> Looks sad when scolded.</li><li><input type="checkbox"/> Follows directions (“Open your mouth,” “Give me the ball”).</li><li><input type="checkbox"/> Dances and makes sounds to music</li></ul>
<b>12 to 18 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Points to body parts (hair, eyes, nose, mouth) when asked to.</li><li><input type="checkbox"/> Brings objects to you when asked.</li><li><input type="checkbox"/> Hears and knows sounds from another room or from outside.</li></ul>



# Hearing Screenings

Age Level	Hearing and Understanding
<b>18 to 24 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Understands simple yes or no questions.</li><li><input type="checkbox"/> Understands simple phrases with words like “in” (for example, “in the cup”).</li><li><input type="checkbox"/> Likes being read to and points to pictures when asked.</li></ul>
<b>24 to 30 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Understands words like “no more” or “not now.”</li><li><input type="checkbox"/> Can pick objects by size (big or little).</li><li><input type="checkbox"/> Follows simple directions, like “Get your shoes and socks.”</li></ul>

You know your child better than anyone. If you think your child might not be hearing well, ask your doctor for a hearing test.



# 4-Month Visit

Age	Four months
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Anemia</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• RSV: if not received</li><li>• Rotavirus: second dose</li><li>• DTaP: second dose</li><li>• Hib: second dose</li><li>• PCV: second dose</li><li>• IPV (Polio): second dose</li></ul>
<b>Your Doctor May Ask</b>	<ul style="list-style-type: none"><li>• If your baby drinks anything other than breast milk or iron-fortified formula, they could get anemia</li><li>• How you or birth giver is feeling</li><li>• If you or birth giver are feeling anxiety or sadness.</li><li>• How your child is growing and reaching milestones.</li></ul>

# 4-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Milestones (at four months)

- Smiles to get your attention
- Chuckles
- Looks at you, moves, or makes sounds to get your attention
- Makes “oooo” or “aahhh” sounds
- Turns their head towards the sound of parents’ voice
- Opens mouth when seeing breast or bottle, if hungry
- Looks at hands with interest
- Holds head steady without support
- Holds toy when placed in hand
- Uses arm to swing toys
- Brings hand to mouth
- Pushes up onto elbows or forearms when on tummy
- Makes bubble-making sounds with their mouth

# 4-Month Visit

## Questions you may have for your doctor:

- How can I tell when my baby is ready to eat solid foods?
- What is sleep training and should I do it?
- When should I child proof my house?
- Check page 9 for more questions

Use this space for questions or notes:

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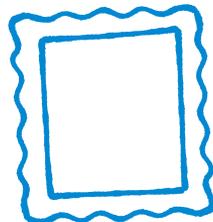
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Check the stamp  
after baby's visit.



# 6-Month Visit

Age	Six months
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li><li>• Oral assessment</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Lead: can start as early as six months of age</li><li>• Tuberculosis</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Rotavirus: third dose as needed</li><li>• DTaP: third dose</li><li>• Hib: third dose as needed</li><li>• PCV: third dose</li><li>• IPV (Polio): third dose</li><li>• HepB: third dose</li><li>• Influenza (flu): six-month-old children should receive the seasonal flu vaccine as it becomes available</li><li>• COVID-19: speak with your doctor about dosage</li></ul>
<b>Your Doctor May</b>	<ul style="list-style-type: none"><li>• Apply fluoride varnish after your baby's first tooth appears. Most babies' teeth may begin to emerge around six months of age.</li><li>• Ask how your child is growing and meeting milestones.</li></ul>

# 6-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Milestones (at six months)

- Knows familiar people
- Likes to look at self in mirror
- Laughs
- Takes turns making sounds with you
- Makes squealing noises
- Puts things in mouth to explore them
- Reaches to grab a toy
- Rolls from tummy to back
- Pushes up with straight arms on tummy
- Leans on hands to support self when sitting

## Questions you may have for your doctor:

- Where can I get help with food or housing?
- Where can I get help with baby supplies like a crib, car seat, formula, or diapers?
- What is a good daily routine for feeding, naps, and sleeping?
- How can I help my baby sleep and eat well?
- What can I do to help my baby feel better when teething?
- Check page 9 for more questions

# 6-Month Visit

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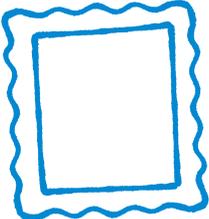
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**Check the stamp  
after baby's visit.**



# Your Infant's Oral Exam

Take your baby to the dentist when their first tooth comes in, or by their first birthday, whichever comes first. Use this page to track visits to the dentist.



Visit Date/Time	With Whom?	Where?	Check when completed



Dental coverage is part of the Medi-Cal program. To learn more, visit [www.dental.dhcs.ca.gov](http://www.dental.dhcs.ca.gov) or call the Medi-Cal Dental Program at **1-800-322-6384**, Monday-Friday, 8:00 a.m.-5:00 p.m.

# 9-Month Visit

Age	Nine months
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Check weight, height, and head size</li><li>• Oral assessment</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Lead, if not already completed.</li><li>• Developmental: Your doctor will ask questions about how your baby is growing and acting. They might watch you play with your baby to see how your baby is doing. The results will show if your baby is growing at a normal pace.</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed at previous appointments</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul>
<b>Your Doctor May</b>	<ul style="list-style-type: none"><li>• Apply fluoride varnish after your baby's first tooth appears. Most babies' teeth may begin to emerge around six months of age.</li><li>• Ask how your child is growing and meeting milestones.</li></ul>

# 9-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Milestones (at nine months)

- Is shy, clingy, or fearful around strangers
- Shows looks on face (happy, sad, angry, and surprised)
- Looks when you call their name
- Reacts when you leave
- Smiles or laughs when playing peek-a-boo
- Makes a lot of different sounds
- Lifts arms to be picked up
- Gets to a sitting position
- Moves things from one hand to another
- Uses fingers to rake food toward their body
- Sits without support

## Questions you may have for your doctor:

- Is screentime okay for my baby at this age?
- What solid foods should I start giving my baby?
- How much milk should my baby drink each day?
- How can I keep my baby safe at home and in the car?
- Check page 9 for more questions

# 9-Month Visit

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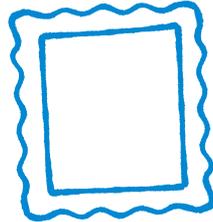
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**Check the stamp  
after baby's visit.**



# Happy Birthday Baby!



## 12-Month Visit

Age	12 months
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li><li>• Oral assessment</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Lead, if not already completed</li><li>• Tuberculosis</li><li>• Anemia</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed at previous appointments</li><li>• Hib: third or fourth dose</li><li>• PCV: fourth dose</li><li>• Measles, Mumps, Rubella (MMR): first dose</li><li>• Chicken Pox - Varicella: first dose</li><li>• Hepatitis A (HepA): two-dose series</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul>
<b>Your Doctor May</b>	<ul style="list-style-type: none"><li>• See if your baby follows simple instructions.</li><li>• Check if your baby can pick up small objects or stand alone.</li><li>• Talk about dental health and checkups.</li></ul>

# 12-Month Visit



Write the date of your visit: \_\_\_\_\_

## Milestones (at 12 months)

- Waves “bye-bye”
- Plays games with you, like pat-a-cake
- Calls a parent “mama” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)
- Puts something in a container, like a block in a cup
- Looks for things that you hide, like a toy under a blanket
- Pulls up to stand
- Walks, holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

## Questions you may have for your doctor:

- Where can I get help with food, housing, or other family needs?
- How can I help my child behave well and follow rules?
- How can I feed my child healthy meals every day?
- Check page 9 for more questions

# 12-Month Visit



## Did You Know...

Around 12 months old, many children can start swim lessons if they are healthy and comfortable in the water. Lessons with parents help children feel safe and make it easier to practice skills at home.

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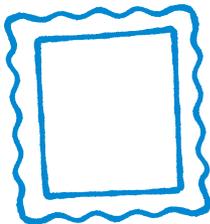
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Check the stamp after baby's visit.



# Well-Child Visits

## 15-Month Visit

(1 year and 3 months)

Age	15 months
What to Expect at Your Child's Doctor Visit	<ul style="list-style-type: none"><li>• Physical exam</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Blood pressure</li><li>• Hearing</li><li>• Vision</li><li>• Anemia</li><li>• Lead, if not completed yet</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed at previous appointments</li><li>• DTaP: fourth dose</li><li>• Hib: third or fourth dose depending on series</li><li>• HepA: two-dose series</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul>
Your Doctor May	<ul style="list-style-type: none"><li>• Observe your child crawling, following simple directions, or speaking.</li><li>• Observe your child's use of a crayon.</li></ul>

# 15-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Did You Know...

Letting your toddler make choices for some things can help prevent fights about other things. When you can, let your child pick between two options that are okay with you.

For example, let them choose between two of their favorite books to read at bedtime.

## Questions you may have for your doctor:

- What are the best iron-rich foods for my child?
- How can I keep my child's teeth healthy?
- How should I handle naps, bedtime, or helping my child soothe themselves at night?
- How can I manage tantrums, behaviors, or set rules?
- Any concerns you may have about your child's speech, hearing, or vision.
- Check page 9 for more questions

# 15-Month Visit

Use this space for questions or notes:

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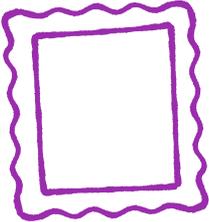
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Check the stamp  
after baby's visit.



# 18-Month Visit

## (1 year & 6 months)

Age	18 months
What to Expect at Your Child's Doctor Visit	<ul style="list-style-type: none"><li>• Physical exam</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Blood pressure</li><li>• Hearing</li><li>• Vision</li><li>• Anemia</li><li>• Lead, if not completed yet</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed</li><li>• HepA: two dose series</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul>
Your Doctor May	<ul style="list-style-type: none"><li>• Screen for autism.</li><li>• Ask about your child's behavior and growth.</li><li>• Discuss healthy eating.</li><li>• Discuss how it is normal for your child to learn what they like and what they don't like.</li></ul>

# 18-Month Visit

Write the date of your visit: \_\_\_\_\_

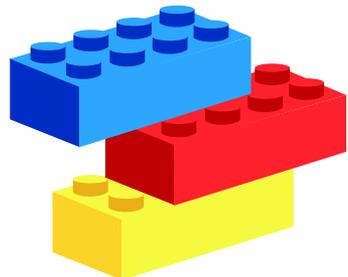
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## Did You Know...

Saying “no” is how your toddler learns that they are their own person. It is a normal part of growing up, not them trying to be difficult. This is a normal way for your child to learn who they are.

## Questions you may have for your doctor:

- How can I give my child a healthy diet with lots of different foods?
- What are the best ways to help my child learn new words and talk more?
- How can I keep my home safe for my child?
- What is the number for poison control?



# 18-Month Visit

Use this space for questions or notes:

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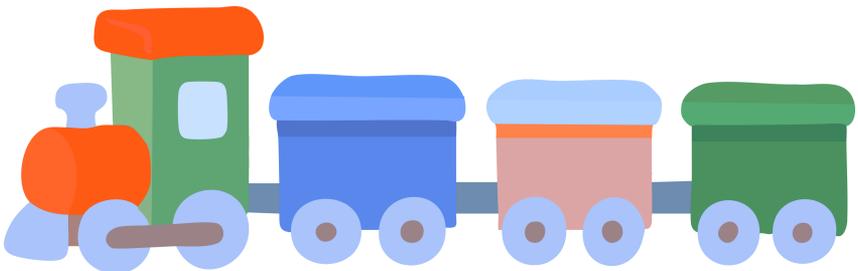
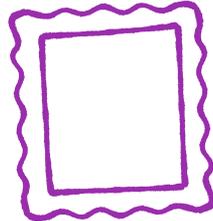
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Check the stamp  
after baby's visit.



# 24-Month Visit (2 years)

Age	24 months
What to Expect at Your Child's Doctor Visit	<ul style="list-style-type: none"><li>• Physical exam</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Blood pressure</li><li>• Hearing</li><li>• Vision</li><li>• Anemia</li><li>• Cholesterol</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul> <p>By two, most toddlers have received all of the early recommended vaccines.</p>
Your Doctor May	<ul style="list-style-type: none"><li>• Ask questions about your child's social and emotional milestones.</li><li>• Check how your child uses words and how they think and learn.</li><li>• Screen for autism.</li></ul>

# 24-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Did you know...

Your two-year-old is still learning to follow rules. Instead of punishing them, give them choices, redirect their attention, and praise good behavior.

## Questions you may have for your doctor:

- When is it safe to start swim lessons, and how can I keep my child safe in water?
- What type of car seat should my child use?
- When is it time to switch to a forward-facing car seat?
- When and how should I start toilet training?



# 24-Month Visit

Use this space for questions or notes:

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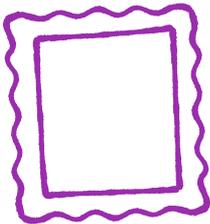
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**Check the stamp  
after baby's visit.**



# 30-Month Visit (2.5 years)

<b>Age</b>	<b>30 months</b>
<b>What to Expect at Your Child's Doctor Visit</b>	<ul style="list-style-type: none"><li>• Physical exam</li></ul> <p><b>Screenings</b></p> <ul style="list-style-type: none"><li>• Anemia</li><li>• Cholesterol</li></ul> <p><b>Immunizations</b></p> <ul style="list-style-type: none"><li>• Any vaccines that were missed or delayed</li><li>• Flu: one or two doses in flu season</li><li>• COVID-19: speak with your doctor about dosage</li></ul> <p>By two, most toddlers have received all of the early recommended vaccines.</p>
<b>Your Doctor May</b>	<p>Evaluate your child's:</p> <ul style="list-style-type: none"><li>• Coordination</li><li>• Use of words</li><li>• Socialization</li><li>• Use of crayon</li><li>• Speech and the questions they ask</li></ul>

# 30-Month Visit

Write the date of your visit: \_\_\_\_\_

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## Did you know...

Toddlers do better with a daily routine. Daily meals help kids talk and learn to use their hands. A bedtime routine helps little ones calm down for sleep.



## Questions you may have for your doctor:

- Do I need to adjust my child's daily routine or activities?
- How can I help my child learn to talk?
- How much screen time is okay?

# 30-Month Visit

Use this space for questions or notes:

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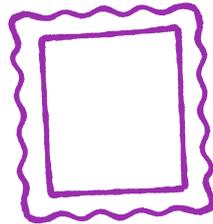
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**Check the stamp  
after baby's visit.**



# Community Resources

## Need Dental Services?

To find a dentist for you and your baby:

Visit [smilecalifornia.org](https://smilecalifornia.org)

Call 1-800-322-6384 | TTY 1-800-735-2922



San Bernardino County Department of Public Health offers dental services at health centers in Ontario, San Bernardino, and Hesperia. To schedule a dental appointment at a San Bernardino County Health Center, call 1-800-722-4777 or visit [smilesbc.org](https://smilesbc.org)



## Have Questions About Vaccines?

Vaccines protect your baby from serious diseases that still exist, even if we don't see them often. Vaccinate your child for a lifetime of health. See the appendix for more information.

Learn more about the recommended vaccines for your baby at [HealthyChildren.org](https://HealthyChildren.org) or scan the QR code.



You can also learn about vaccines at the California Department of Public Health - Immunization Branch. Scan the QR code or visit

[cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/family.aspx](https://cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/family.aspx)

# Need Transportation?

You can get round-trip transportation (rides) covered by your Medi-Cal Health Plan at no cost to you!

- Including rides to any doctor, dental, mental health, or substance use disorder appointments, and to pick up medications.

This may include:

- Rides by car, taxi, bus, or train
- Bus passes and taxi vouchers
- Money back for driving your own car



## Call your Medi-Cal Health Plan to get a ride!

Medi-Cal Health Plan	Contact Information
 <p><b>IEHP</b> Inland Empire Health Plan</p>	<p>Call the IEHP Transportation department at <b>800-440-IEHP (4347)</b> Monday-Friday 7 A.M. - 7 P.M. Saturday-Sunday 8 A.M. - 5 P.M. TTY <b>(800) 718-4347</b></p>
 <p><b>MOLINA</b> HEALTHCARE</p>	<p>Call the American Logistics Call Center at <b>(844) 292-2688</b> or visit <a href="http://molina.americanlogistics.com">molina.americanlogistics.com</a></p>
 <p><b>KAISER</b> <b>PERMANENTE</b></p>	<p>Call the Kaiser Permanente Member Line at <b>(800) 464-4000</b> or visit <a href="http://homecare-scal.kaiserpermanente.org/transportation-services">homecare-scal.kaiserpermanente.org/transportation-services</a></p>

## Need Additional Help?

For additional information and support with housing, food, transportation, or to connect with other services provided by the San Bernardino County Department of Public Health (DPH), visit [dph.sbcounty.gov/resources](https://dph.sbcounty.gov/resources).



If you have any questions, contact DPH at (800) 782-4264 or (909) 387-4859 (TDD).



*From tiny hands to big adventures...*



# Appendix

Vaccine Name	Recommended Dosage	Why It's Important
<b>Hepatitis B (HepB)</b>	Three doses	Helps protect your child from a virus that attacks the liver
<b>Rotavirus</b>	Two doses*	Keeps your baby from getting sick with a virus that causes vomiting and diarrhea
<b>Respiratory Syncytial Virus (RSV)</b>	One dose recommended if not given to mother during pregnancy*	Helps protect babies from a virus that causes lung and breathing infections that can lead to hospital stays
<b>Diphtheria, Tetanus, and Pertussis (DTaP)</b>	Four doses in baby's first year	Protects your child from three dangerous diseases that cause choking coughs (whooping cough), breathing problems, and painful muscle spasms

\*Dosage may vary depending on series and your doctor's recommendations.

Vaccine Name	Protects Against	Why It's Important
<b>Haemophilus influenzae type b (HIB)</b>	Three to four doses*	Protects your child from a germ that can cause meningitis and other serious infections
<b>Pneumococcal Vaccine (PCV)</b>	Four doses	Helps prevent ear infections, pneumonia, and infections of the blood or brain caused by the Pneumococcal bacteria
<b>Inactivated Polio (IPV)</b>	Three doses in baby's first year	Protects your child from a virus that can cause paralysis or trouble moving muscles
<b>Influenza (Flu) Vaccine</b>	One to two doses during flu season* (October to February)	Helps keep your child from getting sick with the flu virus

\*Dosage may vary depending on series and your doctor's recommendations.

Vaccine Name	Protects Against	Why It's Important
<b>Measles, Mumps, and Rubella (MMR)</b>	One dose by baby's first year	Keeps your child safe from three serious diseases that can cause rashes, fevers, swelling, or serious problems later in life
<b>Chickenpox - Varicella (VAR)</b>	One dose by baby's first year	Prevents itchy rashes and fevers, and protects from serious skin infections or pneumonia
<b>Hepatitis A (HepA)</b>	Two dose series	Keeps your child safe from a germ that spreads through food or water and causes stomach pain and tiredness
<b>COVID-19</b>	One or more doses* Speak with your doctor for recommendations	Helps the body fight off the coronavirus that causes fever, cough, and breathing trouble

\*Dosage may vary depending on series and your doctor's recommendations.







