



Start Well



**Pregnancy and
Your Baby's First Year**

Hello
baby

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Every pregnancy is unique.

That's why IEHP offers **free** resources to support you throughout your pregnancy, childbirth and the postpartum period.

The tools in this guide will help you and your baby

Start Well.

About Me

Name: _____

Phone number: _____

IEHP member ID: _____

Estimated due date: _____

OB's name: _____

OB's phone number: _____

OB's address: _____

Doula's name: _____

Doula's phone number: _____

Pediatrician's name: _____

Pediatrician's phone number: _____

Words to Know

Words to Know

- The **amniotic membrane** is the bag of water that surrounds your baby inside your uterus.
- A medical **benefit** is a payment or coverage for medical care, such as hospital stays, prescription drugs and physician visits.
- A **birth center** is another place to give birth. Healthy women may give birth at a birth center instead of at a hospital. Midwives are often the providers in birth centers.
- A **C-section** or **cesarean birth** is a surgery that may be needed to deliver your baby through your abdomen.
- A **doula** is a trained, non-medical person who helps and supports a woman before, during and after birth. A doula may also be called a birth coach. Doula services are covered by IEHP. Call Member Services to request one.
- **Durable Medical Equipment** or **DME** is a category of medical devices designed to help people with disabilities, injuries, chronic health conditions or pregnancy with daily tasks. Durable means the equipment can withstand being used again and again. Breast pumps are considered DME as are some other maternity items like supportive clothing and wraps, pregnancy pillows, and nursing bras.
- **Eligibility** is the set of conditions (e.g., income level, age, family size, disability status, and pregnancy) that must be met to be able to enroll in a program, like Medicare, Medicaid and IEHP.
- An **epidural** is a device that is placed in the lower back and used to give pain medicine during labor and birth. It can also be used for pain control during a C-section.
- An **episiotomy** is a procedure in which a provider makes a cut at the vagina to allow birth to happen faster and is most often done in an emergency. An episiotomy can increase pain and healing time after birth.

Words to Know (cont'd)

- A **focal point** is an item that you can bring with you to look and focus on during labor. This item can help you take your mind off the pain and give you confidence. Examples are a favorite picture, an important object or a plant.
- An **induction** is when medicines are used to start your labor. Labor may be started (induced) when there's a medical need for your birth to happen sooner.
- An **IV** is a tube that may be placed into a vein in your arm or hand to give you fluids and medicines during labor.
- A **provider** is a medical professional. A provider that has been trained to care for pregnant women could be an obstetrician (OB), nurse practitioner (NP) or certified nurse midwife (CNM).
- The **umbilical cord** connects the baby from their belly button to the placenta. The cord is cut after birth.



Finding Care

Get Health Coverage for You and Your Baby

Did you know a newborn is covered under the mother's health insurance for only the first 30 days? After these 30 days, your baby must have their own policy. To access the benefits and resources IEHP can offer you and your baby before, during and after childbirth, you will need to enroll in Medi-Cal and IEHP.

**If you or your baby do NOT have health coverage,
follow these steps to enroll:**

Step 1

Call your local Department of Public Social Services (DPSS) office to enroll into Medi-Cal.

If you already have Medi-Cal, call to add your baby to your case:

RIVERSIDE COUNTY

1-877-410-8827

Find your district office:

<https://rivcodpss.org/office-locations/more-locations>

SAN BERNARDINO COUNTY

1-877-410-8829

Find your district office:

<https://wp.sbcounty.gov/tad/find-an-office/>

You can also set up an account online with
www.BenefitsCal.com.

Step 2

Enroll yourself and your baby in IEHP.

Call Enrollment Services at **1-866-294-IEHP (4347)**,
Monday-Friday, 8am-5pm. TTY 711.

You may also call Health Care Options at **1-800-430-4263**
or visit **www.healthcareoptions.dhcs.ca.gov**.

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

(continued on next page)

Step 3

Select your child's pediatrician.

After enrolling your child with IEHP, select their provider:

- Use the “Find a Doctor” search at www.iehp.org
- Select “More options” to filter for pediatricians.
- Filter by “Location” to find a doctor near you.

Step 4

Set up your baby's first well-care visit.

Three to five days after you leave the hospital, call the doctor you chose for your child and make the appointment. Ask your child's doctor about setting up other needed well-care visits as well.

Need help with any of these steps?

Call Member Services at **1-800-440-IEHP (4347)**, Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347**.

The number is also on your member ID card.

Congratulations, You're Pregnant!



Let's begin with some important tips for pregnancy care:

- Choose a doctor (OB/GYN) for your pregnancy care.
This is also called prenatal care, meaning “before birth.” Schedule your first prenatal care visit.

To find a doctor, visit www.iehp.org or call IEHP Member Services at **1-800-440-IEHP (4347)**, Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347**. The number is also on your member ID card.
- Think about adding a support provider, such as a doula or midwife. This person can assist with childbirth and offer emotional and physical comfort.

Doula Services: Empower Your Birthing Experience

What is a doula?

Doulas are a covered benefit for IEHP members. Doulas are non-medical professionals trained to support you and your family during pregnancy, labor and birth, and the postpartum period.

How can a doula support you?

During pregnancy:

- Will help you prepare for your baby's arrival and go with you to your doctor's appointments

During labor and birth:

- Will stay with you throughout your birth to provide support to you and your family

After delivery:

- Will support you through postpartum recovery
- Help you and your baby adjust

What services are covered?

- One initial visit
- Eight more visits in any combination of prenatal and postpartum care
- Emotional and physical support during labor/birth
- Two extended postpartum visits
- Nine more postpartum visits that a provider recommends

How can you get a doula?

- Call IEHP Member Services at **1-800-440-IEHP (4347)**, Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347**. The number is also on your member ID card.
- Email **doula@iehp.org**.

Watch a short video about an IEHP member and her doula.



Pregnancy

Trimesters of Pregnancy

Pregnancy usually lasts for 40 weeks. Most doctors start this pregnancy countdown from the first day of your last menstrual period.

Pregnancy is divided into three stages called trimesters:*

- First trimester (1 to 13 weeks)
- Second trimester (14 to 27 weeks)
- Third trimester (28 to 40 weeks)

Through all these stages, changes will occur in your body and in your baby's.

* Pregnancy trimesters, according to the Centers for Disease Control and Prevention (CDC)

First Trimester: Early Pregnancy

- Around 7-8 weeks, you will see your OB/GYN for an exam, ultrasound and prenatal tests (such as urine and blood tests).
- You will visit your OB/GYN often during your pregnancy to make sure you and your baby are healthy. Your doctor can help you set up those visits.



Make an appointment with your OB/GYN

Time: _____

Date: _____

Number: _____

Second Trimester

- You will have an ultrasound to check fetal growth. This helps your OB/GYN make sure your baby is developing well.
- Your OB/GYN will also refer you for screening tests for certain health conditions, for you or your baby. These tests may be blood tests or ultrasounds.
- In this trimester, the fetus develops major organs. The placenta also grows to full size to provide oxygen and nutrients to the fetus.
- You may feel your baby move now.

Third Trimester: Later Pregnancy

- 1. Your OB/GYN will recommend prenatal vaccines: Tdap, Flu, COVID and RSV. Flu and RSV vaccines are given during the flu and RSV season, which is usually from September to March.

Tdap

Date:_____

Flu

Date:_____

COVID

Date:_____

RSV

Date:_____
- 2. Your doctor will do screening tests to make sure you and baby are healthy during delivery.
- 3. You can meet with your doula or midwife to build your birth plan.
 - a. Your doctor, doula, midwife or other health care worker may ask you questions to screen for prenatal depression. If you have prenatal depression, the person who completes your screening will make sure you get the care you need to feel better.
 - b. Talk to your doctor about the best birth control option for you after your baby is born. Your doula or midwife can help you plan for this talk with your doctor.
 - c. Speak with your doula or midwife about breastfeeding.
 - d. Discuss the kind of delivery you want with your doula or midwife. Ask about the risks and benefits of a cesarean section (C-section). Your doula or midwife will help you ask the right questions if your doctor recommends a C-section.
 - e. Talk to your doctor about which hospitals or birthing centers you can use. Ask them about hospitals on the Maternity Care Honor Roll
<https://calhospitalcompare.org/programs/maternitycare-honor-roll/>
- 4. Choose a doctor (pediatrician) for your baby. Your OB/GYN may be able to help you find a doctor for your baby who is in your health plan.

My OB/GYN Visit Journal

First Appointment

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

[illegible]

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

[illegible]

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

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Date: _____

Time: _____

Weight: _____

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Date: _____

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Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

[illegible]

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

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Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

[illegible]

Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

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Time: _____

Weight: _____

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Questions for the doctor: _____

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Doctor: _____

Date: _____

Time: _____

Weight: _____

Weeks of gestation: _____

Questions for the doctor: _____

Paid Leave

Paid Leave

Congratulations!

Your Family Is Growing

Paid Leave rights in California have expanded over the last few years.

As a new parent in California, there are many choices for protecting your job and pay when you're pregnant and after having your baby.

California Family Rights Act provides job-protected leave from work to bond with a new child or care for a seriously ill family member. It now covers employers with five or more employees and allows grandparents, siblings and other loved ones to take leave to care for a seriously ill child.

Paid Family Leave provides 60-70% of normal income but will provide 90% starting in 2025. If you work, you may be thinking about how to protect your job and find time to bond with your new baby.

Talk to your employer and provider to plan a leave from work.

Start by getting the facts:

- Read "Protecting My Job" to find out how to apply for a leave from your job.
- Check the boxes next to the choices that apply to you.
- Go to www.legalaidatwork.org and click on the "Work & Family" program to:
 - Learn about your rights.
 - Find a letter template you can use to request a leave from your employer.
 - If you have questions, call the Work and Family Helpline at 1-800-880-8047.

Make sure you:

- Ask for leave directly from your employer.
- Give at least 30 days' notice.

Protecting My Job

Certain types of leave protect your job before and after your new baby arrives.

Use the checklists in this section to see if you qualify:

Before My Baby Arrives

Pregnancy Disability Leave (PDL) Law

I may get **up to four months** of job-protected leave when I'm unable to work because of my pregnancy or recovery from childbirth if I can check all the boxes below:

- ☐ My doctor says I'm disabled by my pregnancy or a related condition
- ☐ My employer is covered by the PDL law
- ☐ My employer has at least five employees

Typical leave under PDL:
Four weeks before birth and **six to eight weeks** after birth.



Request leave from employer

Note: Pregnancy Disability Leave that you don't use while you're unable to work (due to pregnancy or recovery from childbirth) can't be used later – after you're well.

After My Baby Arrives

Pregnancy Disability Leave (PDL) Law

I may get **up to four months** total job-protected leave when disabled by pregnancy and to recover from childbirth if I can check all the boxes below.

- ☐ My doctor says I'm disabled by childbirth or a related condition
- ☐ My employer has at least five employees

Typical leave under PDL:
Four weeks before birth and **six to eight weeks** after birth.



Request leave from employer

Note: Pregnancy Disability Leave that you don't use while you're unable to work (due to pregnancy or recovery from childbirth) can't be used later – after you're well.

Family Medical Leave Act (FMLA)

California Family Rights Act (CFRA)

I may get **up to 12 weeks** total job-protected leave to bond with my baby after I've recovered from childbirth, if I can check all the boxes below.

This applies to a newborn, newly adopted child or foster child in the first year.

- ☐ I worked for at least one year for my employer
- ☐ I worked for at least 1,250 hours in the last year for my employer
- ☐ My employer has at least five employees

Protecting My Pay

You may qualify for disability or other payments, while you're not working, before or after your baby is born.

Use the checklists in this section to see if you qualify:

I'm Employed or Worked Recently

State Disability Insurance (SDI)

As of Jan. 2025, I may get SDI payments up to 90% of weekly income if I earn up to \$60,000 per year (or up to 70% if I earn more) if I can check all the boxes below:

- ☐ I can't work or must work less because of my pregnancy
- ☐ My doctor will certify that I can't do my job because of my pregnancy
- ☐ I paid into SDI from my paycheck (check your paycheck for "CA SDI")
- ☐ I earned wages within the last 4-17 months

Standard payments:
I'll generally qualify for SDI **four weeks before birth** and **six to eight weeks after birth**. This can be longer with a doctor's note.

Paid Family Leave (PFL)

As of Jan. 2025, I may get PFL payments up to 90% of weekly wages for **up to eight weeks** if I earn up to \$60,000 per year (or up to 70% if I earn more) if I can check all the boxes below:

- ☐ I'm not working because I'm bonding with my new baby, or newly adopted or fostered child with proof
- ☐ I paid into SDI from my paycheck (check your paycheck for "CA SDI")
- ☐ I earned wages within the last 4-17 months

Standard payments:
After the SDI payments are used up, I'll receive up to eight weeks of PFL.

Apply at www.EDD.ca.gov

I'm Self-Employed

Disability Insurance Elective Coverage (DIEC) Program

I may get DIEC Program payments if I can check the first box and one of the last two boxes:

- ☐ I bought and paid into a DIEC program for at least one quarter in the past year
- ☐ I worked for one year and made \$4,600 or more **OR**
- ☐ I worked for less than a year and made an average of \$1,150 per quarter

If I'm self-employed, I can choose to be a part of the Disability Insurance Elective Coverage Program. Contact the EDD to learn more.

Standard payments:
After a one-week waiting period, the payments are for **up to 39 weeks**. This depends on my wages and is available while I'm disabled and bonding with my baby.

I'm Unemployed

Unemployment Insurance Program

I may qualify for state Unemployment Insurance benefits if I can check all the boxes below:

- ☐ I lost my job through no fault of my own (examples: laid off, being fired or quitting for good cause)
- ☐ I'm still able to work
- ☐ I'm actively looking for a job
- ☐ I meet the lowest income requirements

Please note: Work authorization status is required.

Standard payments:
Up to \$450 per week for **up to 26 weeks**. This depends on my wages.

Apply at www.EDD.ca.gov

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More Tips

Your partner may be able to take leave and be paid while bonding with the child.

Use the checklists in this section to see if you qualify:

Leave from Work

Family Medical Leave Act (FMLA)

California Family Rights Act (CFRA)

I may get 12 weeks job-protected leave to bond with my baby, if I can check all the boxes below. This applies to a newborn, newly adopted child or foster child in the first year.

- ☐ I worked for at least one year for my employer
- ☐ I worked for at least 1,250 hours in the last year for my employer
- ☐ My employer has at least five employees

↓

Request from employer

Pay While I'm on Leave

Paid Family Leave (PFL)

As of Jan. 2025 -- I may get PFL payments up to 90% of weekly wages for **up to eight weeks** if I earn up to \$60,000 per year (or up to 70% of weekly wages if I earn more) if I can check all the boxes below:

- ☐ I'm not working, because I'm bonding with my new baby, or newly adopted or fostered child
- ☐ I paid into SDI from my paycheck (check your paycheck for "CA SDI")
- ☐ I earned wages within the last 4-17 months

↓

Apply at www.EDD.ca.gov

Breastfeeding and Working

Lactation Accommodations Law

Once you return to work, you have the right to pump milk. Your employer must give you the time you need and a private place that is not a bathroom, with a place to sit, a place to set your pump, and access to water and electricity nearby.

Fair Employment and Housing Act

If you need changes at work because of your pregnancy, talk to your doctor and turn in a note to request them.



I'm pregnant, here's what I need to do:

- Talk to my employer to request a job-protected leave
- Ask my doctor to sign forms needed to request leave from my job and apply for SDI at www.edd.ca.gov
- Review the checklists in this booklet
- Gather facts at www.legalaidatwork.org/wf



Unemployment Insurance program:

If unemployed, I may get payments up to 26 weeks.

DIEC payments:

If self-employed, I may get payments up to 39 weeks.

I'm Pregnant!

START

4 Weeks Before Birth

My Baby Arrives!

14 Weeks After Birth

6 Weeks After Birth

18 Weeks After Birth

BACK TO WORK



CFRA:

If I qualify, I may take **12 weeks** of job-protected leave to bond with my new baby after I have recovered from birth.



PFL:

I may apply for Paid Family Leave after my SDI payments end.* PFL payments can last **up to eight weeks** to bond with my baby, up to age 1.



PDL:

I may start job-protected unpaid leave **four weeks before my baby's birth** with a doctor's note. It will generally last until **six to eight weeks after delivery**.



SDI:

I may get SDI payments for **four weeks before my baby's birth** and up to **six to eight weeks after**.

*The State automatically sends an application to apply for PFL.

Notes

Birth Plan

My Choices for Labor and Birth

Get Ready for Your Baby's Arrival

You have many choices for your baby's birth. Use the planner in this section to make labor and birth choices that are right for you and your baby.

Please remember to bring the planner with you to your hospital or birth center for your care team to review.

Start by getting informed:

- Write down your thoughts and choices in “**My Journal**” on page 51.
- Think about the questions under “**About My Labor and Birth**” on page 52.
- See “**My Checklist During Labor**” and mark your choices on page 53.

These items can help prepare you to speak with your doctor, midwife or other provider about your labor and birth choices. Be sure to bring this planner with you on your next visit to your provider so you can both agree to it and sign it.



My Journal

Date: _____

What would make my childbirth great?

I'm grateful for...

Positive thoughts:

About My Labor and Birth

Some things to think about...

Some of your choices before and during childbirth may affect your risk of having a cesarean section (C-section). These choices are best made with the help of your provider during prenatal visits, well before the time of birth.

Here are some common choices to think about and discuss:

- **Do you want to wait for labor to begin on its own or do you want to be induced?**
- **Do you want to be admitted to the hospital early or wait until you're in active labor?**
Being admitted in active labor improves your chances of having a vaginal birth.
- **How do you want your baby's heart rate to be monitored during labor?**
If you're a healthy woman with no problems during pregnancy, monitoring your baby's heart rate the whole time you're in labor (continuously) may make it more likely to have a C-section.
- **Do you want to have labor support by a doula or birth coach?**
This support improves your chances of having a vaginal birth.
- **How do you want to manage your pain?**
- **How often do you want to be checked by your provider to see if the baby is close to coming out?**



- **Do you want to eat and drink to keep up your strength during labor?**
- **Do you want to move around and change positions during labor?**
- **How do you want to “push” at the time of birth?**
Are there any special customs that should happen right after your baby is born or before you go home?

Most healthy women won't need any special care or procedures during labor. But, women with certain health problems may need procedures, such as monitoring the baby's heart rate or induction of labor, to have a safe and healthy birth. Your provider can talk with you about the choices you have during labor and birth, and their benefits or risks. This is a chance to share your values and preferences and make decisions together.



My Checklist for Labor

☒ Check the box to show your choices

My hospital or birth center room:

- ☐ I want a sign posted on the door of my room to limit the number of guests while I'm in labor.
- ☐ I want to have the lights dimmed during labor.
- ☐ I plan to bring a device to play music.
- ☐ I plan to bring scented oils.
- ☐ I plan to bring a focal point to help me during labor and birth.



Eating and drinking:

- ☐ I want to drink to stay hydrated during labor – I want to avoid fluids in an IV tube unless it's needed.
- ☐ I don't mind getting fluids through an IV tube during labor.
- ☐ If it's safe for me, I want to eat lightly during labor.

My labor:

- ☐ If it's safe, I prefer to labor at home during the early part of labor, and be admitted to the hospital when I'm in active labor.
- ☐ I want to move around while I'm in labor (walking, standing, sitting, kneeling, using a birth ball, etc.), if safe and possible.
- ☐ I prefer to move around or change positions to speed up my labor progress before trying medications.
- ☐ If my labor is moving normally, I want to be patient and labor on my own before trying medicines to speed it up.
- ☐ I want to wait for the amniotic membrane to break on its own – if my provider needs to break my water, please discuss this with me first.
- ☐ If I need an IV during labor, I want to have it placed so that I'm free to move around during labor.





Managing my pain:

- ☐ I want to use a shower or tub for pain relief, if available.
- ☐ I don't want pain medicine or an epidural during my labor.
- ☐ Please don't offer me any pain medicine – if I decide to use pain medicine or an epidural, I'll ask for it.
- ☐ I plan to use pain medicine through my IV during labor and birth.
- ☐ I plan to use an epidural during labor and birth.
- ☐ I'm thinking about using IV pain medicine and/or having an epidural, but I'll decide once I'm in labor.



Monitoring my baby:

- ☐ I want my baby monitored only when needed during my labor (not continuously).
- ☐ I want my baby monitored the whole time I'm in labor (continuously) – I understand that this may limit my movement and keep me in bed during labor.
- ☐ If my baby needs to be monitored during the whole time I'm in labor (continuously), I prefer a portable monitor (if available and if I can move freely).



Exams during my labor:

- ☐ I prefer to have as few vaginal exams as possible (vaginal exams help a provider know if my labor is moving along).
- ☐ If it's safe and my bag of water isn't broken, I prefer to have vaginal exams regularly so I know how my labor is moving.

My baby's birth:

- ☐ I want to push in a position that I choose (squatting, kneeling, lying on my side, lying on my back, etc.).
 - ☐ I want to avoid an episiotomy if I can.
 - ☐ I want to use a mirror to view the birth of my baby, if available.
 - ☐ I want this support person to cut my baby's umbilical cord:
-
- ☐ I want my baby placed on my chest right after birth.
 - ☐ If safe and possible, I want my provider to wait 30 to 60 seconds before cutting the umbilical cord (waiting can protect babies from anemia after birth)
 - ☐ I'm planning to keep my baby's cord blood in a bank (cord blood banking is a special procedure that I discussed with my provider during prenatal care).
 - ☐ I want to take my placenta home.
 - ☐ If a C-section is needed, your care team will consider your preferences as much as they can throughout your stay.
 - ☐ Sometimes, emergencies call for a quick conversation about the risks and benefits of a C-section. The care team will want you to take part in the decision to have a C-section.



My cesarean birth:

- ☐ I want my support person to stay with me during my C-section.
- ☐ I want to bring this second support person with me into the operating room if possible:
-
- ☐ I want to ask my provider to lower the screen used during my C-section so that I can watch the birth of my baby.
- ☐ I want an arm left free so I can touch my baby if my provider agrees that it's safe and possible.
- ☐ I want this support person to cut my baby's umbilical cord:
-
- ☐ I want my baby placed on my chest in the operating room if we're both doing well.
- ☐ I want to hold my baby on my chest during the recovery period.

Care for my baby:

- ☐ I want all procedures and medicines for my baby explained to me before they happen or are given.
- ☐ If my baby needs to leave my side for any reason, I want this support person to stay with them:
-
- ☐ I want to be present for my baby's first bath.
- ☐ I plan to only breastfeed my baby.
- ☐ I may have questions about breastfeeding or need help getting started.
- ☐ If my baby needs formula for a medical reason, I want to be told before it's given.
- ☐ Even if my baby needs formula for a short time, I want help from a breastfeeding expert to learn how to pump my own milk.
- ☐ If I have a boy, I plan to have him circumcised (this may be done after you and your baby go home from the hospital).



Other practices:

What’s most important to me during labor and birth? Are there any religious or cultural customs I want to happen during the birth? Please describe:

Signatures:

I’ve talked about and shared my labor and birth choices with my provider during prenatal visits, and we both understand it. I know that my choices and wishes may not be followed as written and, if medical needs arise, these may need to change to have a safe and healthy birth for my baby and me.

Provider’s signature

Date

My signature

Date

Baby’s
First Year

Your Newborn's Facts

Baby's Name: _____

Baby's Birthdate and Time: _____

Delivery Location/Hospital: _____

Baby's Length: _____ Baby's Weight: _____

Your Baby's Doctor

Doctor's Name: _____

Address: _____

Phone Number: _____

Getting health coverage for your baby

Don't wait! Enroll your baby in Medi-Cal today. Why? Your baby is only covered by your insurance for the first two months. After Medi-Cal confirms your baby's enrollment, call IEHP Enrollment Services to get your newborn's IEHP member card number. You will need this number when setting up appointments for your baby.

For more information on how to get health coverage for you and your baby, see page 12.

Your baby's IEHP member card number is:

Need help or have any questions?

Call Member Services at **1-800-440-IEHP** (4347), Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347**. The number is also on your member ID card.

Week of Delivery

| AT THE HOSPITAL | | | |
|--|---|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child’s Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| Newborn (at birth, during hospital stay) | <ul style="list-style-type: none">Physical examCheck weight, height, and size of headCheck muscle strengthCheck hipsNewborn blood testsBreastfeeding support Screenings <ul style="list-style-type: none">Hearing screeningBilirubin screeningHeart disease screening Immunizations <ul style="list-style-type: none">Hepatitis B (1st dose) DON’T FORGET <ul style="list-style-type: none">Schedule a follow-up visit before you leave | | |

Milestones (at Birth)

- Looks in parent eyes
 - Calms when picked up
 - Shows discomfort through crying, facial expressions, or body movement
 - Moves/calms to parent voice
- Keeps hands in fists
 - Automatically grasps objects
 - Moves arms and legs quickly (Moro/Startle reflex) in response to a loud sound

My Questions for My OB:

Week of Delivery (cont'd)

Things to Think About Before Going Home:

- How do I get my baby’s Social Security number?
- How do I get my baby’s birth certificate information? Where can I request certified copies?

Your Baby’s Health Is Important

Reminder

Make baby’s one-week follow-up appointment or well-care visit

Time: _____

Date: _____

Number: _____

Your Health Is Important, Too

Reminder

Within three weeks of giving birth! Make your postpartum appointment with your OB:

Time: _____

Date: _____

Number: _____

What to Expect at Your Postpartum Visit

- A physical exam to check your healing, including a pelvic exam
- Screening for depression, anxiety and emotional well-being
- Support with breastfeeding, sleep and newborn care
- Guidance on birth control, sex and future pregnancy plans
- Follow-up on any pregnancy-related conditions like high blood pressure or diabetes

Baby's First Week Home

• Take your baby to their first well-care visit

In the first month, your doula, doctor or other health care worker may ask you questions to screen for postpartum (after birth) depression. If you have postpartum depression, the person who completes your screening will make sure you get any care you need to feel better. Postpartum depression is a common mood disorder that affects 1 in 7 women after giving birth. It's not your fault, and you did nothing to cause it. Scan the QR code to watch a short video about this important topic.



| FIRST WEEK | | | |
|------------------------------------|--|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child's Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| First Week (1st visit after birth) | <ul style="list-style-type: none">Physical examCheck weight, height, and size of headCheck muscle strengthCheck hipsNewborn blood tests (if not completed in hospital) Screenings <ul style="list-style-type: none">Hearing screening Immunizations <ul style="list-style-type: none">Hepatitis B (1st dose, if not completed in hospital) | | |

Milestones (Week 1)

- Calms to adult 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

My Questions for the Doctor:

Well Baby Visit

| 1-MONTH VISIT | | | |
|---------------|---|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child's Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| 1 Month | <ul style="list-style-type: none">Physical examCheck weight, height, and size of headCheck muscle strengthCheck hipsNewborn blood tests Screenings <ul style="list-style-type: none">Hearing screening Immunizations <ul style="list-style-type: none">Hepatitis B (2nd dose) | | |

Milestones (at 1 Month)

- Follows parent with eyes
 - Comforts self with bringing hands to mouth
 - Fussy when bored
 - Calms when picked up/spoken to
 - Looks briefly at objects
- Quiets to parent voice
 - Different cries for hunger/tired
 - Moves both arms and legs together
 - Opens fingers slightly at rest

My Questions for the Doctor:

Well Baby Visit (cont'd)

| 2-MONTH VISIT | | | |
|---------------|---|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child’s Doctor Visit | Visit Date/Time (fill in) | √ Check (check when done) |
| 2 Months | <ul style="list-style-type: none">Physical examCheck weight, height, and size of headCheck muscle strengthCheck hips Screenings <ul style="list-style-type: none">Hearing screening Immunizations <ul style="list-style-type: none">Hepatitis B (2nd dose if not given at 1st month)Rotavirus (1st dose)DTaP (1st dose)Hib (1st dose)PCV (1st dose)IPV (Polio) (1st dose) | | |

Milestones (at 2 Months)

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

My Questions for the Doctor:

Well Baby Visit (cont'd)

| 4-MONTH VISIT | | | |
|---------------|---|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child’s Doctor Visit | Visit Date/Time (fill in) | √ Check (check when done) |
| 4 Months | <ul style="list-style-type: none">Physical examCheck weight, height and size of head Screenings <ul style="list-style-type: none">Anemia screening Immunizations <ul style="list-style-type: none">Rotavirus (2nd dose)DTaP (2nd dose)Hib (2nd dose)PCV (2nd dose)IPV (Polio) (2nd dose) | | |

Milestones (at 4 Months)

- Smiles to get your attention
 - Chuckles
 - Looks at you, moves, or makescsounds to get attention
 - Makes “ooooo” or “aahhh” sounds
 - Turns head toward the sound of 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 hands to mouth
 - Pushes up onto elbows/forearms when on tummy

My Questions for the Doctor:

Well Baby Visit (cont'd)

| 6-MONTH VISIT | | | |
|---------------|---|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child's Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| 6 Months | <ul style="list-style-type: none">Physical examCheck weight, height, and size of headOral assessment and fluoride varnish to teeth (once you see your baby's first tooth) Screenings <ul style="list-style-type: none">Tuberculosis screening Immunizations <ul style="list-style-type: none">Hepatitis B (3rd dose)Rotavirus (3rd dose as needed)DTaP (3rd dose)Hib (3rd dose)PCV (3rd dose)IPV (Polio) (3rd dose)Flu (1st dose) | | |

Milestones (at 6 Months)

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

My Questions for the Doctor:

Well Baby Visit (cont'd)

| 9-MONTH VISIT | | | |
|---------------|--|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child's Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| 9 Months | <ul style="list-style-type: none">Physical examCheck weight, height and size of headOral assessment and fluoride varnish to teeth (if not already completed) Screenings <ul style="list-style-type: none">Lead screening (if not already completed)Developmental screening | | |

Milestones (at 9 Months)

- Is shy, clingy, or fearful around strangers
 - Shows several facial expressions (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 up 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

My Questions for the Doctor:

Well Baby Visit (cont'd)

| 12-MONTH VISIT | | | |
|----------------|--|---------------------------|---------------------------|
| Visit by Age | What to Expect at Your Child's Doctor Visit | Visit Date/Time (fill in) | ✓ Check (check when done) |
| 12 Months | <ul style="list-style-type: none">Physical examOral assessment and fluoride varnish to teeth (if not already completed) Screenings <ul style="list-style-type: none">Lead testing (if not already completed)Tuberculosis screeningAnemia screening Immunizations <ul style="list-style-type: none">Hepatitis A (1st dose)Hepatitis B (3rd dose if not given at 6 months)Hib (3rd dose if not given at 6 months)PCV (4th dose)Flu (2nd dose)MMR (1 dose only)Varicella (chicken pox) (1 dose only) | | |

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 a small piece of food

My Questions for the Doctor:

Your Infant's Oral Exam

Make an appointment for your baby’s first dental visit as soon as their first tooth comes in — or by their first birthday, whichever comes first.

Dental coverage is part of the Medi-Cal program. To learn more, visit www.smilecalifornia.org or call the Medi-Cal Dental Program at **1-800-322-6384**, M-F, 8am-5pm.

Baby's Milestones

For more information on milestones, please see <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

Notes

Have more appointments to track?

| Visit Date/Time (fill in) | With Whom? (fill in) | Where? (fill in) | ✓ Check (check when done) |
|------------------------------|-------------------------|---------------------|------------------------------|
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the human spirit*



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