



BABY'S FIRST YEAR

a calendar with milestone stickers



SOUTH COUNTRY MEMBER SERVICES

1-866-567-7242  ***TTY 1-800-627-3529 OR 711***

WWW.MNSCHA.ORG



Refer to the last page of this calendar for CDC Recommended Vaccine timeline.



Find the Schedule of Age-Related Screening standards for ages 5 through 20 online at:

<https://www.health.state.mn.us/people/childreneyouth/ctc/factsheets.html>

The background is a vibrant underwater scene. It features various sea creatures including blue fish of different sizes, a grey stingray, a blue crab, a blue seahorse, a blue pufferfish, and a pink jellyfish. There are also white starfish, purple and blue seaweed, and numerous light blue bubbles scattered throughout. The overall color palette is soft and aquatic, with blues, purples, greys, and pinks.

BABY'S FIRST YEAR

a calendar with milestone stickers

Fill in the calendar to match the month your baby is born. You can check each Development and Milestones to track baby's progress.

You can find stickers in the back of this calendar to mark important dates and milestones.

State vaccination guidelines can also be found at the end of the calendar.

Baby's First Year #6485 © 2023 South Country Health Alliance

Disclaimer: This educational content in this calendar is not medical or diagnostic advice. Each child develops at their own pace. If you have any questions or concerns, follow-up with your child's Primary Care Provider.

HAPPY BIRTHDAY!

Welcome Date: _____ Time: _____

Weight: _____

Length: _____

Eye Color: _____

Hair Color: _____

Location: _____

Delivery Doctor: _____

🌟 Schedule your baby's first Well-Check visit within baby's 1st month of life



**PLACE
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DEVELOPMENT AND MILESTONES

- Calms when picked up or spoken to
- Looks briefly at objects
- Alerts to unexpected sound
- Makes brief short vowel sounds
- Holds chin up when laying on tummy
- Holds fingers more open at rest



***PLACE
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HERE***

Weight:

Length:



DEVELOPMENT AND MILESTONES

- Smiles responsively
- Vocalizes with simple cooing
- Lifts head and chest in when laying on tummy
- Opens and shuts hands



Schedule baby's Second Well-Check Visit and recommended vaccinations this month

Weight:

Length:



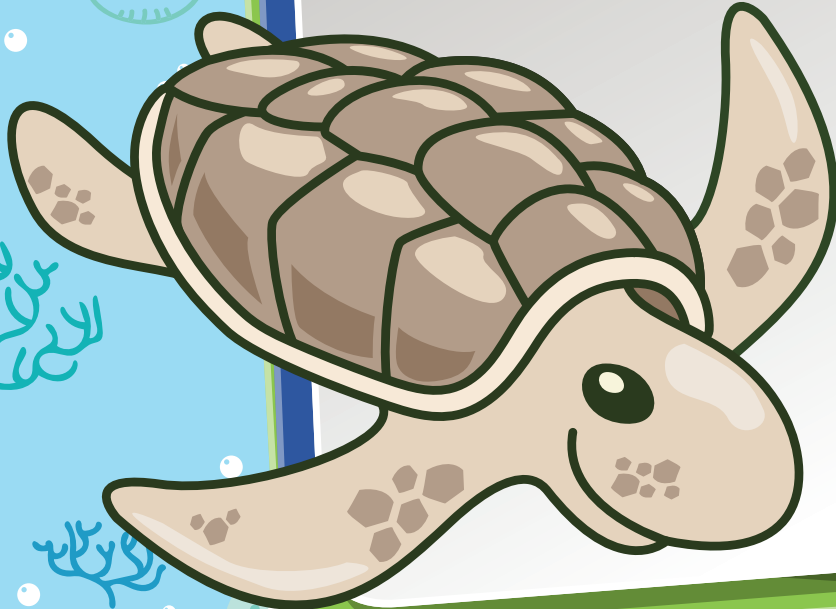
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INFANT WELL-CARE VISITS

Well-care visits, also known as Child & Teen Checkups (C&TC exams) are important, even when children are healthy. Your child's primary care provider will evaluate your child's general health, growth, development, and will also provide your child with any needed medical services.

Weight: _____

Length: _____





DEVELOPMENT AND MILESTONES

- Laughs aloud
- Turns to voice
- Vocalizes with extended cooing
- Rolls over to from tummy to back
- Supports on elbows and wrists when laying on tummy
- Keeps hands unfisted
- Plays with fingers
- Grasps objects



Schedule Baby's 3rd Well-Check Visit and recommended vaccinations this month

Weight: _____

Length: _____

**BABIES ARE LIKE LITTLE SUNS THAT, IN A MAGICAL WAY,
BRING WARMTH, HAPPINESS AND LIGHT INTO OUR LIVES**

New things baby learned to do this month:

Baby's sleeping habits:

Likes:

Dislikes:

Weight:

Length:

**PLACE
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HERE**

5
months





DEVELOPMENT AND MILESTONES

- Pats or smiles at reflection
- Begins to turn when name is called
- Babbles
- Rolls over from back to tummy
- Sits briefly without support
- Reaches for objects
- Bangs small object on surfaces



Schedule Baby's 4th Well-Check Visit and recommended vaccinations this month

Weight: _____

Length: _____



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**New things baby learned
to do this month:**

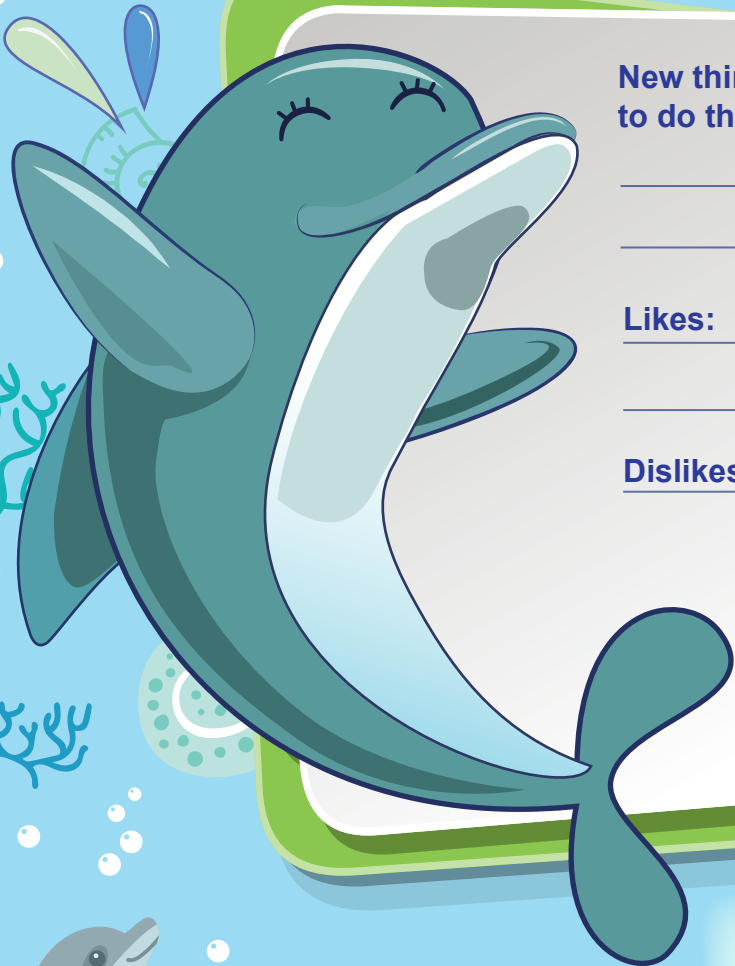
Likes:

Dislikes:

Notes to bring to next appointment:

Weight:

Length:





***CHILDREN ARE THE ANCHORS THAT HOLD
A PARENT TO LIFE***

New experiences baby's had this month:

Baby's personality:

Something cute baby did this month:

Weight:

Length:





DEVELOPMENT AND MILESTONES

- Picks up small objects with 3 fingers and thumb
- Looks for dropped objects
- Picks up food with fingers and eats it
- Transitions between sitting and lying
 - Turns when name is called
 - Sits well without support
 - Bangs objects together
 - Balances on hands and knees
 - Pulls to stand
 - Crawls

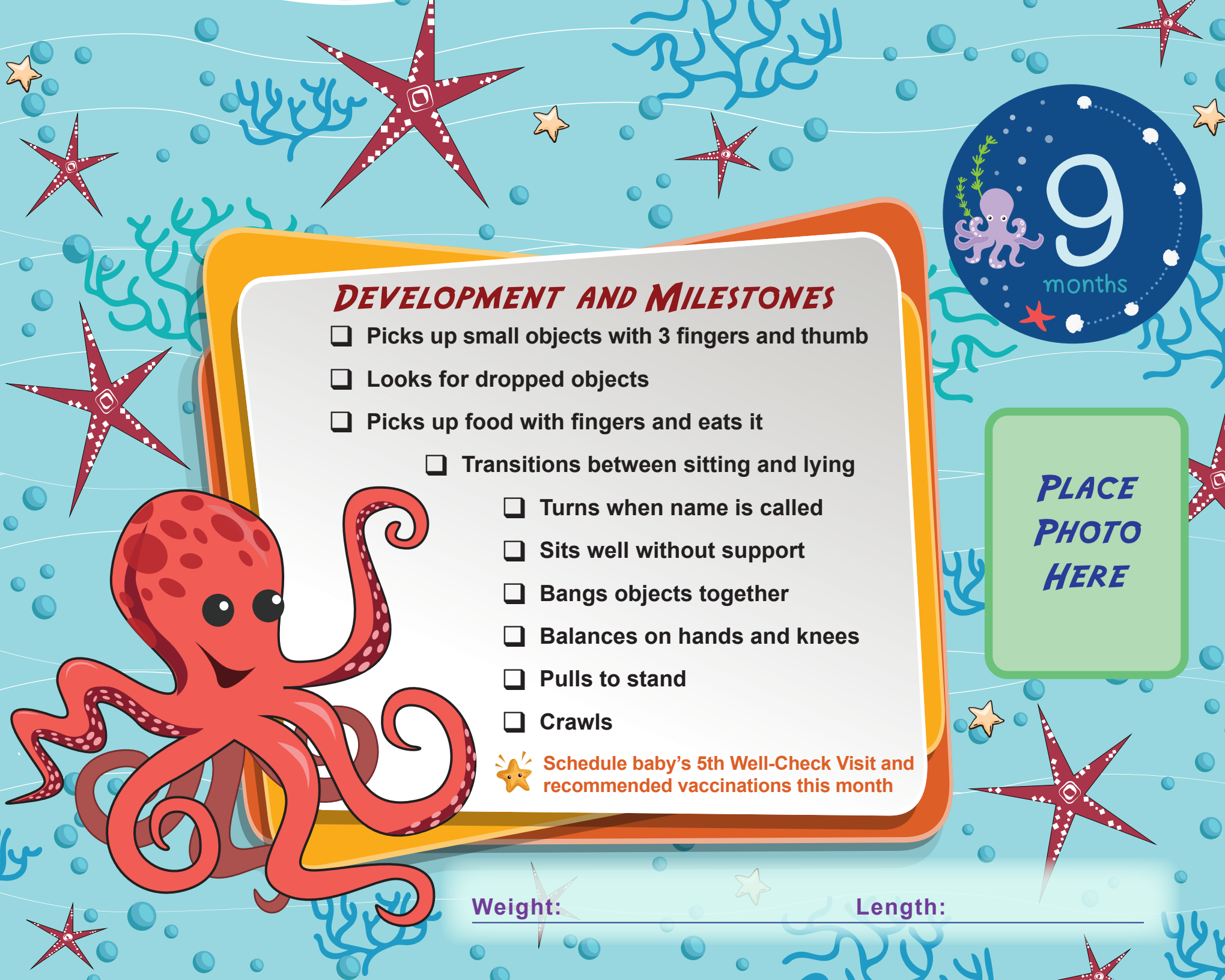


Schedule baby's 5th Well-Check Visit and recommended vaccinations this month



Weight: _____

Length: _____





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**New things baby learned
to do this month:**

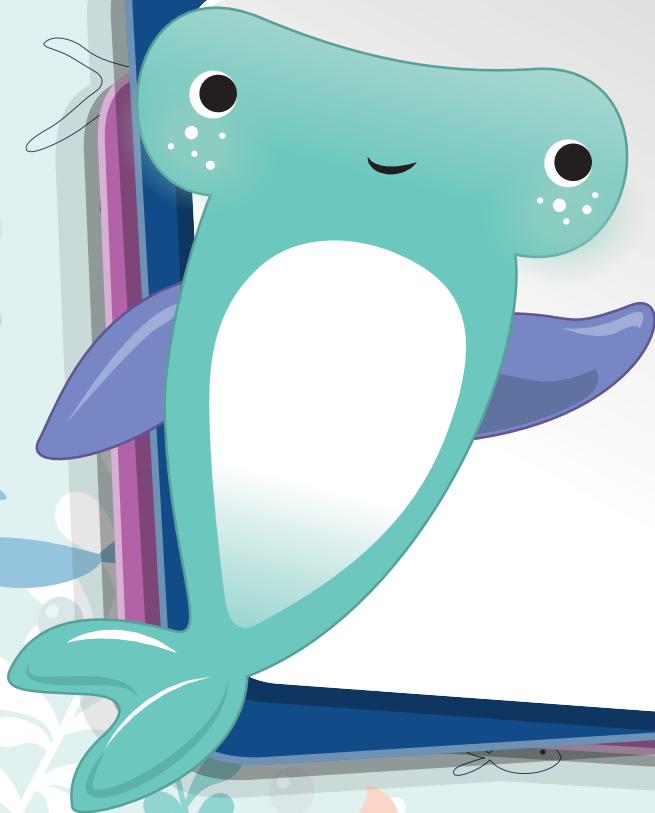
Likes:

Dislikes:

Notes to bring to next appointment:

Weight:

Length:



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***THE LITTLEST FEET MAKE THE BIGGEST
FOOTPRINTS IN OUR HEARTS***

New experiences baby's had this month:

Baby's personality:

Something cute baby did this month:

Weight:

Length:



HAPPY BIRTHDAY!



IMPORTANT HEALTH INFORMATION: LEAD TESTING

Lead, a substance toxic to the body, is sometimes found in dust, water, food, and paint. Lead poisoning can affect your child's health by causing permanent problems in growth and development.

All children are encouraged to have a quick and simple blood lead test by 12 months of age and then again by 24 months of age.

A hemoglobin test for anemia is usually done at the same time as lead testing at 12 months.

Lead testing can be completed at your primary care clinic, or your local county public health office.

If you need help finding a provider, call Member Services at 1-866-567-7242, TTY 1-800-627-3529 or 711.



Schedule baby's 6th Well-Check Visit, recommended vaccinations, and Lead Testing this month.

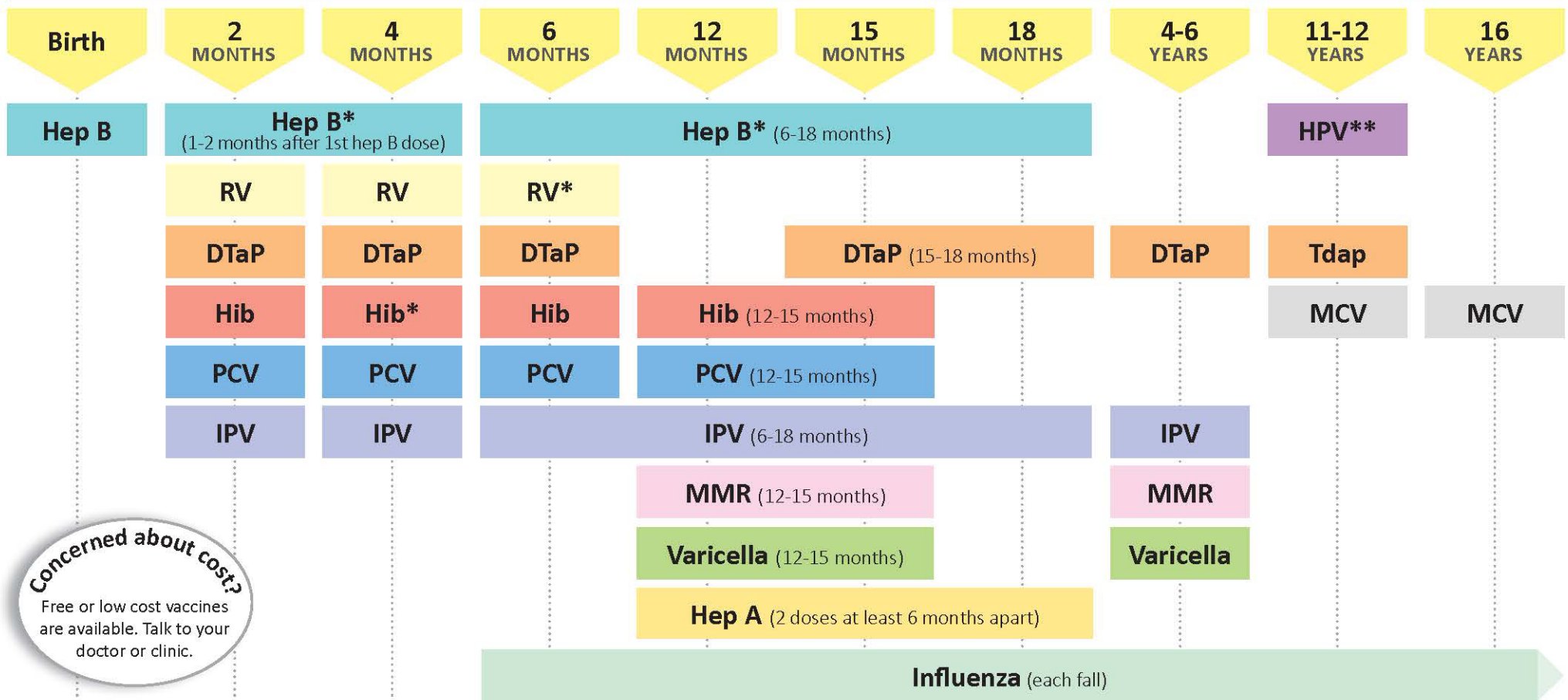
Weight: _____

Height: _____



When to Get Vaccines, Birth to 16 Years

(CDC's Recommended Immunization Schedule)



It's not too late! If your child has fallen behind on their vaccinations, talk to your doctor or clinic to catch them up.

Minnesota law requires written proof of certain vaccinations for children in child care, early childhood programs, and school. However, if a child has a medical reason or if his/her parents are opposed to any or all of the vaccinations, a legal exemption is available.

Children with certain medical conditions may need additional vaccines (e.g., pneumococcal or meningococcal). Talk to your doctor or clinic.

Pregnant? Protect yourself and your baby from whooping cough, get a Tdap vaccination between 27 and 36 weeks gestation. Talk to your doctor.

*The **number of doses** depends on the product your doctor uses.

**Two doses for 9 to 14 year olds; three doses for 15 to 26 year olds.

For copies of your child's vaccination records, talk to your doctor. Additional tips for finding records are available at **Find My Immunization Record** (www.health.state.mn.us/people/immunize/miic/records.html) or you can call the Minnesota Immunization Information Connection (MIIC) at 651-201-3980.

Key to vaccine abbreviations

DTaP/Td/Tdap = diphtheria, pertussis, tetanus	Hib = Haemophilus influenzae type b
Hep B = hepatitis B	Hep A = hepatitis A
MMR = measles, mumps, rubella	IPV = polio
	MCV = meningococcal
	PCV = pneumococcal
	RV = rotavirus

Immunization Program
651-201-5503 or 1-800-657-3970
www.health.state.mn.us/immunize





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REFERENCES

MN C&TC Schedule of Age Related Screening Standards from DHS-3379-ENG 10-21:
<https://www.health.state.mn.us/people/childreneyouth/ctc/factsheets.html>

Infancy Tools (aap.org):
<https://brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/Infancy-Tools.aspx>

Are Your Kids Ready:
<https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf>

South
Country
HEALTH ALLIANCE

MEMBER SERVICES

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