

WELL-CHILD VISITS

# Your baby's first 30 months

**San Francisco Health Plan Resources**

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**San Francisco  
Health Plan**

**Baby's Name**

**Provider's Name and Number**

**Name of Medical Office/Address**



Your Baby's Photo Here

# Your Child's Development in the First 30 Months

How your baby plays, learns, speaks, acts, and moves are important signs for how they are growing. Use this chart to check for some signs that your baby is growing as expected and what to expect next (aka Developmental Milestones).

Talk with your PCP\* if you have any questions or concerns.

\*A primary care provider is the doctor, nurse practitioner, or physician assistant who is in charge of your health care.

**Birth**

- Can notice your voice
- Turns head to breast or bottle

**1 MONTH**

- Starts to smile
- Holds head up when on stomach

**2 MONTHS**

- Turns head to sounds
- Moves arms and legs

**4 MONTHS**

- Makes sounds when you talk to them
- Brings hands to mouth

**6 MONTHS**

- Laughs and squeals
- Rolls from stomach to back
- Puts things in their mouth to explore

**15 MONTHS**

- Claps when excited
- Points to ask for something or to get help

- Uses fingers to feed themselves food

**1 YEAR 12 MONTHS**

- Plays games with you
- Can wave "bye" or understands "no"

- Picks up small food like cereal with thumb and first finger

**9 MONTHS**

- Plays peek-a-boo
- Bangs two things
- Sits up by themselves

**18 MONTHS**

- Looks at a few pages in a book with you
- Plays with toys in an easy way, like pushing a toy car

- Walks without holding on to a person or thing

**2 YEARS 24 MONTHS**

- Says at least two words together, like "more milk"
- Tries to use switches, knobs, or buttons on a toy
- Eats with a spoon

**30 MONTHS**

- Plays next to other kids and sometimes plays with them
- Names things in a book when you point and ask, "What is this?"

- Takes some clothes off by themselves, like loose pants or an open jacket

## How to Get Ready for a Well-Child Visit

A well-child visit is when a primary care provider (PCP) checks your baby's growth and development.

This is also when your child will get vaccines to keep them healthy.



### Write down 3–5 questions to ask your PCP

This is a great time to ask your PCP any questions about your child's health. Some examples:

- Is my child up to date with all their vaccines?
- How can I help my child eat healthy?
- How can I make sure my child is getting enough physical activity?

If you have questions, ask your PCP.

## You can get Well-Child Visits at no cost plus a \$50 gift card!

You can get a gift card if you go to 6 or more Well-Child Visits in the first 15 months of your child's life. After 6 visits you will automatically get the gift card in the mail.



Visit [sfhp.org/rewards](https://sfhp.org/rewards) to learn more.

# Keep Track of Your Well-Child Visits



It is important for your child to get routine check-ups and vaccines. Vaccines keep your baby healthy and prevent diseases. Talk with your PCP about the number of doses for each vaccine.

\*A Primary Care Provider is the doctor, nurse practitioner, or physician assistant who is in charge of your health care.

### Newborn

- Schedule Well-Child Visit
- HepB

Date

### 3–5 Days

- Well-Child Visit
- HepB (if not given at the hospital or newborn visit)

Date

### 1 Month

- Well-Child Visit
- HepB

Date

### 2 Months

- Well-Child Visit
- HepB
- RV\*\*
- DTaP
- Hib\*\*
- PCV
- IPV

Date

### 4 Months

- Well-Child Visit
- RV\*\*
- DTaP
- Hib\*\*
- PCV
- IPV

Date

### 6 Months

- Well-Child Visit
- HepB
- RV\*\*
- DTaP
- Hib\*\*
- PCV
- IPV
- COVID-19\*\*
- Flu\*\*

Date

### 9 Months

- Well-Child Visit
- Developmental screening

Date

### 12 Months/1 Year

- Well-Child Visit
- Blood lead screening
- (ACE) Adverse Childhood Experiences screening
- HepB
- Hib\*\*
- DTaP
- PCV
- IPV
- COVID-19\*\*
- MMR
- VAR
- HepA
- Flu\*\*

Date

### 15 Months

- Well-Child Visit
- Flu if not given before\*\*
- COVID-19\*\*
- Any missing vaccines

Date

### 18 Months

- Well-Child Visit
- Developmental screening
- Autism Spectrum Disorder (ASD) screening (if shown)
- HepA (2nd Dose)
- Any missing vaccines

Date

### 24 Months/2 Years

- Well-Child Visit
- Blood lead screening
- ASD screening (if shown)
- ACE screening
- Any missing vaccines

Date

### 30 Months

- Well-Child Visit
- Developmental screening
- Any missing vaccines

Date

### Resources

-  Milestone Moments Checklist
-  CDC's Developmental Milestones
-  CDC Vaccine Schedule for Children 6 Years or Younger
-  Medi-Cal for Kids & Teens

\*\*Talk with your PCP about how many doses your child should get.

## Vaccines to Protect Your Child

If your child misses a vaccine, you don't have to start over. Call your PCP right away to schedule a "catch-up" visit or to ask questions. These vaccines help to lower your child's risk for serious diseases:

**Hepatitis B (HepB)** prevents HepB virus related liver disease and cancer. *3–4 doses*

**Rotavirus (RV)** prevents severe diarrhea (loose, watery stool). *2–3 doses*

**Diphtheria (DTaP)** prevents breathing problems, muscle spasms, whooping cough. *4 doses*

**Hemophilic Influenza type B (Hib)** prevents meningitis (brain infection), pneumonia (lung infection), blood infection. *3–4 doses*

**Pneumococcal (PCV)** prevents pneumonia (lung infection), meningitis (brain infection). *4 doses*

**Polio (IPV)** prevents muscle paralysis and disabilities. *3 doses*

**COVID-19** prevents Coronavirus disease. *2–3 doses*

**Influenza (flu)** yearly vaccine protects against serious illness caused by the flu (a respiratory virus). *1–2 doses*

**Measles (MMR)** prevents pneumonia (lung infection), deafness, brain damage.

**Chickenpox (VAR)** prevents blisters, skin infections, nerve damage, loss of eyesight.

**Hepatitis A (HepA)** prevents fever, tiredness, diarrhea (loose, watery stool). *2 doses*



Vaccines for your child are recommended by the CDC Advisory Committee on Immunization Practices (ACIP). The ACIP is made up of medical and public health experts. All vaccines recommended by ACIP are covered by SFHP Medi-Cal. Please see your SFHP Member Handbook to learn more.