Check-up checklist for children ages 0–2 years

### Immunizations

<table>
<thead>
<tr>
<th>Shot number</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DTaP</strong> (diphtheria, tetanus, acellular pertussis)</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>15–18 months</td>
</tr>
<tr>
<td><strong>Flu, Seasonal</strong></td>
<td>Annually, for children 6 months and older</td>
<td></td>
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<tr>
<td><strong>Flu, H1N1</strong></td>
<td>Recommended for children 6 months and older</td>
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<tr>
<td><strong>Hepatitis A</strong></td>
<td>12–23 months (second dose at least 6 months after first)</td>
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<tr>
<td><strong>Hepatitis B</strong></td>
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<tr>
<td><strong>Hib</strong> (Haemophilus influenzae type b)</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>12–15 months</td>
</tr>
<tr>
<td><strong>IPV</strong> (inactivated poliovirus vaccine)</td>
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<tr>
<td><strong>MMR</strong> (measles, mumps, rubella)</td>
<td>First dose at 12–15 months, second dose at 4–6 years</td>
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<tr>
<td><strong>Pneumococcal</strong></td>
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<tr>
<td><strong>Rotavirus RV1, or</strong></td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>12–15 months</td>
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<tr>
<td><strong>Rotavirus RV5</strong></td>
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<tr>
<td><strong>Varicella</strong> (chickenpox)</td>
<td>First dose at 12–15 months, second dose at 4–6 years</td>
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</tbody>
</table>

### Screenings

- Length, weight, blood tests and antibiotic eye drops: In first week of life
- Height and weight checks, vision and hearing tests: Periodically
- Eye/retinal exam: For newborns with risk factors; talk to your doctor about timing of exam

### Safety

- Use a checklist to “baby-proof” your home.
- Check your home for the presence of lead paint.

### Nutrition

- Breast-feeding and iron-enriched formula and food for infants.

### Dental health

- Do not put your baby or toddler to bed with a bottle containing juice, milk or other sugary liquid. Do not prop a bottle in a baby’s or toddler’s mouth. Clean your baby’s gums and teeth daily.
- Use a clean, moist washcloth to wipe gums. Use a soft toothbrush with water only, beginning with eruption of first tooth.
- Age 6 months to preschool: Discuss with your dentist taking oral fluoride supplement, if water is deficient in fluoride.
- Age 2 years: Begin brushing child’s teeth with pea-size amount of fluoride toothpaste.

### Lead poisoning

Lead poisoning is a serious problem for children. It can harm the brain and other parts of the body, as well as impair learning. Discuss having your child tested for lead with your doctor.

### Injury prevention for infants and young children

**A Special Message About SIDS.**

Sudden infant death syndrome (SIDS) is the leading cause of death for infants. Put infants to sleep on their backs to decrease the risk of SIDS.

Take these steps to “baby proof” your home and give your child a safe environment:

- Use the right car seat for your vehicle and for your child’s weight. Read the car seat and vehicle manufacturer’s instructions about installation and use.
- Use a rear-facing car seat until your child is at least 1 year old and weighs at least 20 pounds.
- Keep medicines, cleaning solutions, and other dangerous substances in childproof containers, locked up and out of reach of children.
- Use safety gates across stairways (top and bottom) and guards on windows above the first floor.
- Keep hot water heater temperatures below 120 F.
- Keep unused electrical outlets covered with plastic guards.
- Provide constant supervision for babies using a baby walker. Block the access to stairways and to objects that can fall (such as lamps) or cause burns (such as stoves or electric heaters).
- Keep objects and foods that can cause choking away from your child. This includes things like coins, balloons, small toy parts, hot dogs (unmashed), peanuts, and hard candies.
- Use fences that go all the way around pools, and keep gates to pools locked.
1. Children through 9 years of age getting flu vaccine for the first time – or who got flu vaccine for the first time last season but only received one dose – should get 2 doses, at least 4 weeks apart.

2. Children through 9 years of age should get 2 doses of vaccine, at least 4 weeks apart. Older children and adults need only one dose.

3. Infants at risk for retinopathy of prematurity include those with a birth weight of less than 1500 g or gestational age of 32 weeks and select infants with a birth weight between 1500 and 2000 g or gestational age of more than 32 weeks with an unstable clinical course. Talk to your doctor about the timing of a retinal exam.

These are Blue Shield of California’s Preventive Health Guidelines which are based on nationally recognized guidelines. Members must refer to their Evidence of Coverage or Certificate of Insurance or Policy for plan/policy coverage of Preventive Health Benefits.