

# Your Baby's Health Checkups Are Important

Babies and toddlers need health checkups often, even if they are not sick. A complete health checkup may find medical and dental problems before they become serious.

Your child's first well-baby exam will take place about 1 to 2 weeks after birth. After that, your baby should have additional checkups at 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, and 4 to 5 years of age.

During the first exam, the doctor or nurse practitioner will ask about the baby's sleeping and eating, measure the baby's weight, length, and head circumference, check vision and

hearing, and perform a general physical exam. Visits may also include immunization shots and discussions of normal issues related to baby care.

This is your chance to ask your medical caregiver questions about your child's health and development. If you have any concerns, bring them up at this time. It is a good idea to take notes and ask questions so you will be able to share what you learn with other family members. For information about where your baby can have a health checkup, call your local city or county Health Department.



## Questions:

**Q:** "My daughter has colic. After the 6 pm feeding, she starts to cry and won't stop. What do I do?"

**A:** Some babies have crying attacks almost every evening, usually between 6 pm and 10 pm. They scream loudly, draw their legs up sharply, frown, and turn bright red. These attacks can last for hours and are symptoms of what doctors call "colic."

No one knows what causes colic. Some think that colicky babies may have a lot of gas and that they cry because they are so uncomfortable. By the time a baby is 3 months old, however,

the daily colic attacks usually stop.

There is little that you can do besides try to comfort your baby until the attack is over. Sometimes it helps to hold the infant so she is lying across your knees, on her stomach.

Listening to a colicky baby and being unable to help can be very frustrating. But remember, it is not your baby's fault and it is not your fault, and she will eventually get over it. If your baby continues to cry hard all day long and nothing seems to help, have her checked by a doctor or at a clinic.