Well Baby Exam Birth to 18 Months

Please read this booklet

- It will help you understand what the doctor or nurse practitioner will be looking for when they examine your Baby.
- If you have questions or want more information about the results of your baby’s exam, ask us!
- We also have other brochures on parenting, nutrition, smoking and your baby’s health, as well as referral information on other health resources.

Health History

- A health history helps us customize your baby’s health needs.
- We may ask you questions about your pregnancy, the baby’s birth, what you feed your baby, and if any health problems run in your family.
- We will also ask if anyone smokes around the baby.

Growth and Development

- We will weigh and measure your baby.
- This helps us see that your baby is growing properly.
- Good nutrition and diet are very important to a growing baby.
- We will look to see if your baby has healthy skin and a healthy appearance.
- Baby’s head will be measured to be sure the brain is growing right.
- Baby’s fontanels (soft spots) will be checked to make sure they are closing properly.

Remember…..

1. Ask questions if you don’t understand something about the exam. You are entitled to a copy of the results and an explanation of their meaning. So ask!

2. Call your local community CHDP Administrative office if you do not receive a full range of CHDP services. They will help you get an appointment to complete your CHDP services.

3. Find out when you should bring your baby back for its next exam.

Los Angeles County Department of Public Health
Child Health and Disability Prevention (CHDP) Program
1-800-993-CHDP
1-800-993-2437

CHDP Child Health and Disability Prevention (CHDP) Program
Vision
- Baby’s vision will be checked to see how well its eyes can follow an object.
- Eyes will be checked for proper response to light.
- Regular eye exams can help find visual problems.
- These problems make it harder for your baby to learn.
- Problems caught early can usually be fixed.

Hearing
- Baby’s ears will be checked for infections and hearing loss.
- Ear infections are common in babies and are easy to cure.
- Long lasting infections are related to hearing loss which can delay your baby’s speech and ability to learn.

Dental
- Baby’s mouth will be checked for healthy tonsils, teeth and gums.
- Putting babies to bed with their bottles can rot their teeth and affect their future dental health.
- Dental screenings by your doctor can detect problems.
- A yearly checkup with a dentist can reduce cavities and gum disease.
- Take your child for their first dental check-up at age 1.

Physical Exam
- We will listen to the baby’s heart and lungs with a stethoscope.
- This checks how fast the heart beats and how it sounds.
- This also checks the lungs for infections.
- Lung infections are common illnesses and are easy to treat.
- In the stomach area we will feel the liver, kidneys, stomach and bowels to check for normal size and tenderness.
- We will also check for hernias (bulges of soft skin in the groin area or near the belly button).
- Your doctor will move the baby’s legs to check if the hip joints are developing properly.
- In some babies, the hip may come out of the joint; this can be easily corrected.
- We may ask questions about how the baby is rolling, sitting or crawling.
- This helps us check how the muscles are growing and how they move around.
- We will check how your baby’s muscles and nerves work - one way is by tapping their knee and watching for a jerk.

Anemia
- At 7 months, a simple blood test will show you if your baby is anemic (low iron in the blood).
- Anemia in babies can lead to poor growth, less energy and being sick a lot.
- If your baby is anemic, iron supplemented formula may be recommended and we will give you information on iron-rich foods.

Immunizations
- Baby’s first shots will be given at the first visit to the doctor.
- These shots are given in doses over several years.
- They protect your baby from diseases such as measles, mumps and rubella.
- Shots are required for school entry.
- Keep all shot records and bring them with you when your child enters school.

Tuberculosis (TB)
- Skin Test
  - At around 1 year, your baby will have their first Tuberculosis (TB) Skin Test.
  - Some harmless materials will be put under the skin of the forearm.
  - These are will be examined a few days later.
  - If there is no reaction, your baby has not been exposed to TB.
  - If there is a reaction, it means your baby has been exposed to TB.
  - Further tests will show if the baby needs treatment.
  - Today TB is easily cured with medicine.
  - If infected babies are not treated they may develop TB many months or years after the initial infection.
  - Recent immigrants are more likely to have been exposed to TB.

Other Tests
- Special blood tests detect Sickle Cell Anemia and lead poisoning.
- They are given to babies with symptoms and who are at risk.
- Ask your doctor if your baby needs these tests.