

Infant Well-Child Checkups

(Birth to 12 months old)



It is important to schedule regular checkups for your baby so that your doctor can follow your baby's development and make sure he or she is growing at a normal and healthy rate.

To locate a doctor for your child, call your child's Managed Care Organization (MCO). If not in an MCO, go to the Department of Medical Assistance Services (DMAS) website at www.dmas.virginia.gov and click on the "Search for Providers" link.

FAMIS is a program of the Commonwealth of Virginia

RVSD 0207

CHILD'S NAME _____

Child's Doctor _____

Doctor's Address _____

Doctor's Phone _____

Doctor's FAX _____

2-4 WEEK CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

2-MONTH CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

4-MONTH CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

6-MONTH CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

9-MONTH CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

12-MONTH CHECKUP

Date _____

Doctor _____

Age in weeks _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

Eating Healthy?

WIC offers breastfeeding support and education on healthy eating choices for you and your child. They also offer assistance to purchase healthy foods for eligible families. Call your local health department to apply or call 1-888-942-3663.

1-866-87FAMIS

1-866-873-2647

www.famis.org



What to expect at a well-child checkup

Physical Exam

Your doctor will measure and record your child's height, weight and head circumference on a growth chart.

Developmental Assessment

Your doctor will ask you questions about your child's development.

Shots (Immunizations)

Your child will need many shots before his or her 1st birthday.

