

Start Smart for Your Baby[®]



A guide to
your baby's care:
The First Year



Autumn T.
Member since 2005

Congratulations!

Buckeye Health Plan cares about you and your new baby. We want to make sure you both stay healthy. It is important that you take your baby to the doctor for needed immunizations and health visits. This booklet will help you keep appointments and health records in one place.



*We wish you
good health
with your
new baby!*

Have questions about your baby's health?
Call Buckeye Member Services at 1-866-246-4358 or visit BuckeyeHealthPlan.com.

*Congratulations! We wish you
and your child the best.*

It's a _____!

My baby's name _____

He/she was born on _____

He/she was born at _____

He/she weighed _____ lbs. _____ oz.

He/she was _____ inches long

His/her hair is _____



First Baby Visit

Your baby's first visit to the doctor is important. This visit should be made during your baby's first month of life, often 3-5 days after birth.



*Within the
first 30
days of life*

The doctor will:

- Weigh and measure your baby to make sure he or she is growing at a healthy, steady rate.
- Check that the cord has fallen off and the belly button is healing well. If your baby is a boy and he was circumcised, the doctor will examine his penis, too.
- Examine your baby and look for jaundice (yellowing of the skin and eyes).
- Keep your baby's immunizations up to date.
- Make sure your baby looks healthy.
- Give you information about your baby's growth and development, feeding and sleeping schedule.
- Answer questions about feeding your baby — bottle or breastfeeding — to make sure your baby is eating well.
- Answer any questions you have about your baby's health.
- Discuss general health concerns that are common in babies this age such as cradle cap and diaper rash.

First Baby Visit — By 1st Month

Today I am _____ days old

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____



Well Baby Visits



The doctor will:

- Weigh and measure your baby to make sure he or she is growing at a healthy, steady rate.
- Examine your baby.
- Keep your baby's immunizations up to date.
- Discuss general health concerns that are common in babies this age such as cradle cap, baby acne and diaper rash.
- Give you information about your baby's growth and development.
- Answer any questions you have about your baby's health.
- Make sure your baby looks healthy.
- Answer questions about feeding your baby — bottle or breastfeeding — to make sure your baby is eating well.

2 Month Baby Visit

Today I am _____ weeks old

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____

4 Month Baby Visit

Today I am _____ months old

I weigh: _____ lbs. _____ oz.

I am: _____ inches long

My doctor told Mom _____

My next visit is _____

6 Month Baby Visit

Today I am _____ months old

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____



Well Baby Visits



7 - 12
months
of age

The doctor will:

- Weigh and measure your baby to make sure he or she is growing at a healthy, steady rate.
- Examine your baby and make sure he or she looks healthy.
- Make sure your baby's immunizations are up to date.
- Give you information about your baby's growth and development.
- Discuss general safety for your baby such as car seat safety, childproofing your home, and poison control.
- Get a blood count and lead screening test on your baby at 12 months of age.
- Answer any questions you have about your baby's health.
- Make sure your baby is eating well.

9 Month Baby Visit

Today I am _____ months old

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____



Happy Birthday to Me, I'm One Year Old!

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____



15 Month Baby Visit

Today I am _____ months old

I weigh _____ lbs. _____ oz.

I am _____ inches long

My doctor told Mom _____

My next visit is _____



Vaccination and Health Screenings

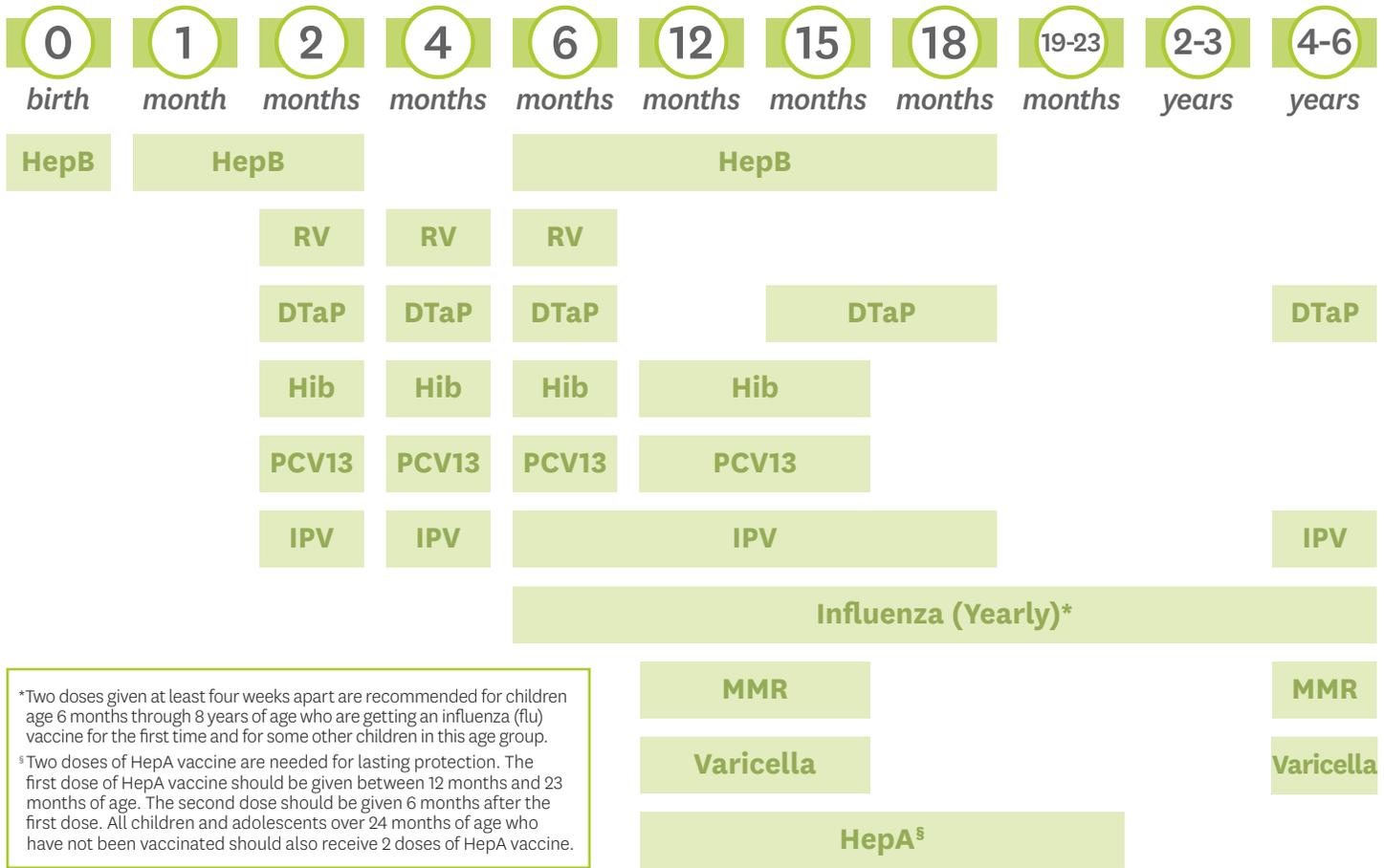
Vaccinations help protect your baby against harmful diseases such as measles, mumps, polio and chicken pox. It is important that you take your baby to the doctor after they are born for needed vaccinations and health screenings. Check ups are important even when your child feels fine. They detect problems early, leading to better health.

Vaccinations help prevent infectious diseases and save lives. Vaccinations are the reason we do not have many of the diseases that were common years ago such as polio, measles, whooping cough, German measles, mumps, and tetanus. Vaccinations work to protect infants, children and adults from illnesses and death caused by infectious diseases.

The chart on the next page helps you know when your child should see the doctor.



Vaccination Schedule



*Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

Note: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccinations.

Healthy Screenings Record Chart

- Birth
- 3 to 5 days
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 30 months
- 3 years
- Yearly until age 21

Vaccine Overview

Vaccination	Disease symptoms	Disease complications
Flu vaccination protects against influenza.	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
PCV13 vaccination protects against pneumococcus.	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Varicella vaccination protects against chickenpox.	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia
DTaP* vaccination protects against diphtheria, tetanus, and pertussis (whooping cough).	Diphtheria: Sore throat, mild fever, weakness, swollen glands in neck Tetanus: Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever Pertussis: Severe cough, runny nose, apnea (pause in breathing in infants)	Diphtheria: Swelling of the heart muscle, heart failure, coma, paralysis, death Tetanus: Broken bones, breathing difficulty, death Pertussis: Pneumonia, death
Hib vaccination protects against <i>Haemophilus influenzae</i> type b.	May be no symptoms unless bacteria enter the blood	Meningitis, intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia, death
HepA vaccination protects against hepatitis A.	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
HepB vaccination protects against hepatitis B.	May be no symptoms, fever, headache, weakness, vomiting, jaundice, joint pain	Chronic liver infection, liver failure, liver cancer
MMR** vaccination protects against measles, mumps, and rubella.	Measles: Rash, fever, cough, runny nose, pink eye Mumps: Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain Rubella: Sometimes rash, fever, swollen lymph nodes	Measles: Encephalitis, pneumonia, death Mumps: Meningitis, encephalitis, inflammation of testicles or ovaries, deafness Rubella: Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
IPV vaccination protects against polio.	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
PCV13 vaccination protects against pneumococcus.	May be no symptoms, pneumonia	Bacteremia, meningitis, death
RV vaccination protects against rotavirus.	Diarrhea, fever, vomiting	Severe diarrhea, dehydration

Start Smart for Your Baby[®]

The Best Start For Your Baby

As your guide to better health, Buckeye wants to help you give your baby the best possible start to life. Our Start Smart for Your Baby[®] program provides support for moms before, during and after your pregnancy at no cost to you.

Anna F.
Member since 2016



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