



THE IOWA
CLINIC®

PEDIATRICS



One Step at a Time

A parent's guide to growth
and development.

📞 515.875.9420
💻 [iowaclinic.com](https://www.iowaclinic.com)



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20 Helpful Tips for Happy Parenting

As parents, building positive and supportive relationships with our kids is one of our top priorities – but it isn't always easy. Follow these tips to help you build on the positive parenting skills you already have so that you can better handle stressful situations and enjoy more time with your kids.

Say “I love you”

out loud with a hug and a smile.

Be positive

by laughing with your child and giving them compliments.

Give them your time

and undivided attention. Play with them, talk to them, and teach them new interests and skills. There's no better gift you can give them.

Listen

when they talk about how they feel. Let them know that their feelings are important and you're on their side.

Set a good example.

They will treat others with kindness, respect and honesty if you do.

Set rules and expectations.

Make sure the rules are age appropriate and apply them consistently so the whole family understands them and their consequences.

Address problems as soon as possible.

Keep calm and talk about the situation and the consequence. Brainstorm with your children ways to find solutions so the problem doesn't happen again.

Criticize the behavior, not the child.

For example, you could say, “I'm, upset that you hit your friend”, instead of “you are a bad boy for hitting.”

Discipline constructively

by emphasizing “do this” instead of “don't do that”.

Remember

that every parent makes mistakes. That's how we all learn!

Develop mutual respect

with your children. Say “please” and “thank you” and apologize when you are wrong. Children who are treated with respect will know how to treat others respectfully.

Let off steam

by talking with your spouse or another friend or having a good cry. Bottled-up feelings will explode eventually.

Know your limits

and accept that some things are beyond your control. Focus on what you can do to make things better.

Celebrate small victories!

Improvements in parent-child relationships can come in small steps, rather than leaps and bounds.

Choose cooperation, not confrontation.

Nobody wins in a fight. Calmly work with your child to define the problem and be ready to compromise when possible.

See issues through your child's eyes.

If you think it's hard being a parent, remember that it's hard being a kid, too.

Take care of yourself.

Get enough sleep and eat properly. You'll feel better and have more strength to deal with daily life.

Put things into perspective.

Spilled glasses of milk, grocery tantrums and misplaced toys aren't worth the chaos they sometimes create.

Make time for fun.

You need a break too! Play is as important to adults as it is to children.

Keep learning about parenting.

It's not instinctive! Becoming the best parent possible is a process, and we all learn from our mistakes and the experiences of others.



For **FREE parenting classes** that cover from the birth of a child to the teenage years, call the Child Abuse Prevention Council at 515.283.9274. They are ready to help!

INFANTS & CHILDREN

How much ibuprofen is safe for kids?

When your child isn't feeling well or has a fever, ibuprofen can give them relief. But it's important to follow dosage guidelines to ensure they're safe..

- Only give ibuprofen to children 6 months and older.
- Follow the instructions on the label of all ibuprofen products.
- Administer ibuprofen only every 6 – 8 hours, as needed.
- Don't exceed more than four doses in 24 hours.
- Don't administer longer than 10 days without checking with your doctor.
- Talk to your doctor or pharmacist if your child is taking any other drugs containing NSAID (nonsteroidal anti-inflammatory drugs)
- Use only the dosing device that comes with the product.

Ibuprofen – Every 4-8 hours as needed. DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.

Weight	Number of Milligrams of Medication	Infant Dropper 50mg/1.25mL	Children's Suspension Liquid 100mg/5mL	Junior Strength 100 mg each	Adult Regular Strength 200mg each
9 – 11 lbs	40 mg	1 mL	2 mL	–	–
12 – 15 lbs	50 mg	1.25 mL	2.5 mL	–	–
16 – 18 lbs	70 mg	1.75 mL	3.5 mL	–	–
19 – 22 lbs	85 mg	2 mL	4.25 mL	–	–
23 – 26 lbs	100 mg	2.5 mL	5 mL	1	–
27 – 30 lbs	120 mg	3 mL	6 mL	1	–
31 – 36 lbs	140 mg	3.5 mL	7 mL	1	–
37 – 42 lbs	165 mg	4 mL	8.25 mL	1.5	–
43 – 50 lbs	195 mg	4.75 mL	9.5 mL	1.5	–
51 – 60 lbs	230 mg	5.75 mL	11.5 mL	2	1
61 – 70 lbs	275 mg	–	13.75 mL	2.5	1
71 – 80 lbs	320 mg	–	16 mL	3	1
81 – 90 lbs	365 mg	–	18.25 mL	3.5	1
91 – 95 lbs	410 mg	–	20.5 mL	4	2
96 – 109 lbs	435 mg	–	21.75 mL	4	2
110 – 120 lbs	500 mg	–	25 mL	5	2

If you have questions about giving your children ibuprofen or other fever reducers, call us at **515.875.9000**



INFANTS & CHILDREN

How much acetaminophen is safe for kids?

When your child isn't feeling well or has a fever, acetaminophen, or Tylenol®, can give them relief. But it's important to follow dosage guidelines to ensure they're safe.

- Read and follow the label on all Tylenol products.
- Administer every four hours, as needed.
- Don't administer more than five doses in 24 hours.
- Don't use with any other medication containing acetaminophen.
- Don't give your child adult medication.
- Keep all medicines out of your child's reach.
- Use only the dosing device that comes with the product.

Acetaminophen – Every 4-6 hours as needed. DO NOT GIVE MORE THAN 5 DOSES IN 24 HOURS.

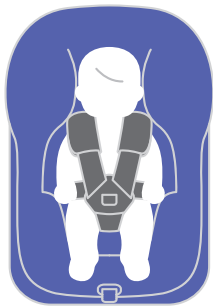
Weight	Number of Milligrams of Medication	Children's Suspension Liquid 100mg/5mL	Children's Soft Chews Chewable 80mg each	Junior Strength Chewable 160 mg each	Adult Regular Strength 325mg each	Adult Extra Strength 500mg
6 - 8 lbs	40 mg	1.25 mL	—	—	—	—
9 - 11 lbs	56 mg	1.75 mL	—	—	—	—
12 - 14 lbs	80 mg	2.5 mL	1	—	—	—
15 - 17 lbs	96 mg	3 mL	1	—	—	—
18 - 20 lbs	120 mg	3.75 mL	1.5	—	—	—
21 - 23 lbs	136 mg	4.25 mL	1.5	—	—	—
24 - 30 lbs	160 mg	5 mL	2	1	0.5	—
31 - 35 lbs	200 mg	6.25 mL	2.5	1	0.5	—
36 - 40 lbs	240 mg	7.5 mL	3	1.5	0.5	—
41 - 47 lbs	272 mg	8.5 mL	3	1.5	0.5	—
48 - 52 lbs	320 mg	10 mL	4	2	1	—
53 - 59 lbs	360 mg	11.25 mL	4.5	2	1	—
60 - 65 lbs	400 mg	12.5 mL	5	2.5	1	—
66 - 71 lbs	448 mg	14 mL	5.5	2.5	1	—
72 - 80 lbs	488 mg	15.25 mL	6	3	1.5	—
81 - 95 lbs	544 mg	17 mL	6.5	3	1.5	1
96+ lbs	640 mg	20 mL	8	4	2	1

If you have questions about giving your children acetaminophen or other fever reducers, call us at **515.875.9000**. Use only the dosing device that comes with the product.



Vehicle Safety Guidelines for Kids

Making sure your child is properly restrained in your vehicle is key to keeping them secure. Follow our child passenger guidelines from the American Academy of Pediatrics and the National Highway Traffic Safety Administration to keep them as safe as possible during every ride.



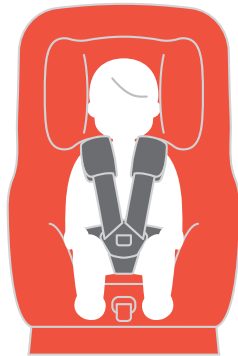
Baby Seats Birth to 2 Years

OUR DOCTORS RECOMMEND:

Kids should ride in a rear-facing child safety seat until they reach the maximum weight limit. This can be up to 40 pounds, depending on the seat.

IOWA LAW:

Kids should ride in a rear-facing child safety seat until they reach the maximum weight limit. This can be up to 40 pounds, depending on the seat.



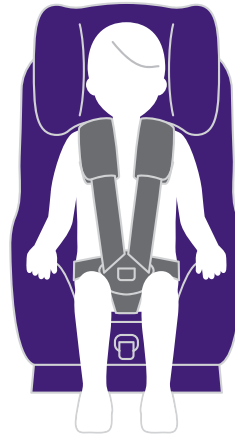
Toddler Seats 2 – 6 Years

OUR DOCTORS RECOMMEND:

Every child should be restrained in a 5-point harness system until they reach the maximum weight limit for their seat. This is typically 50 to 65 pounds, although some seats are rated up to 90 pounds.

IOWA LAW:

Children must ride in a child safety seat or booster seat until they turn 6, and seats must be used according to the manufacturer's directions.



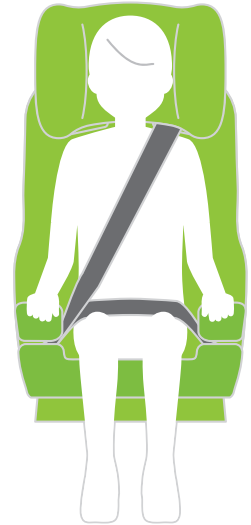
Child and Booster Seats 6 to 11 Years

OUR DOCTORS RECOMMEND:

Kids should ride in a booster seat until their knees bend over the edge of the seat and their feet touch the floor while they're sitting all the way back.

IOWA LAW:

Children must use a booster seat or seat belt between the ages of 6 – 11, regardless of their seating position within a vehicle.



Vehicle Seats 11+ Years

OUR DOCTORS RECOMMEND:

Everyone should always buckle up, regardless of age! Every trip, every time.

IOWA LAW:

Rear seat occupants up to age 18 must be secured by a safety belt.





The First 5 Days

Getting Used to Your Baby

- Comfort your baby by gently touching their head or rocking them.
- Start daily routines for bathing, feeding, sleeping and playing.
- Put your baby to sleep awake or drowsy at the same time each day for naps and at nighttime.
- Babies should be put to sleep on their back. We recommend placing them to sleep in a safe crib in your room, not in your bed. Their crib's slats should be close together — no more than 2 3/8 inches apart and the sides should always be up.
- Help wake your baby for feedings by patting them, changing their diaper or undressing them.
- Don't use loose, soft bedding or allow toys in the crib. Comforters, pillows or bumper pads aren't necessary.
- New babies sleep best when they're swaddled or in a safe wearable sleep sack.
- Make sure your baby isn't too warm or cold.

Take Care of Yourself

- If you feel sad, down or overwhelmed for more than a few days, give us a call. We can help connect you to postpartum resources.
- Though it can be tough, try to sleep or rest when your baby sleeps.

- Accept help from friends and family. But if you're offered advice that you don't want or don't agree with, simply say thanks and change the subject.
- If you have other children, find small, safe ways for them to help you with the baby.
- Carve out one-on-one time with other children.
- Try to maintain your family routines.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |



Keep Baby Safe

- Secure your baby in a rear-facing car safety seat in the back seat in all vehicles. Your baby should never be in a seat with a passenger air bag.
- Always wear a seat belt and never drive after using alcohol or drugs.
- Don't sip on hot drinks when holding your baby.
- Make sure bath water isn't too hot. Test the temperature with your wrist first.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Keep your home and car smoke-free.

Caring for Your Baby

- Use a rectal thermometer, not an ear thermometer.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a rectal temperature of 100.4°F/38.0°C or higher.
- Take a first aid and infant CPR class.
- Keep a list of phone numbers for emergencies readily available.
- Ask that anyone who touches the baby wash their hands first.
- Wash your hands often.
- Keep your baby out of the sun.
- Babies get many rashes from birth to 2 months. But if you're worried, give us a call.

Feeding Your Baby

- Only feed your baby breast milk or iron-fortified formula in the first 4-6 months.
- Feed your baby when you see signs of hunger, like:
 - > Putting their hand to their mouth.
 - > Sucking, rooting and fussing.
- Stop feeding when you see signs your baby is full, like:
 - > Turning away.
 - > Closing their mouth.
 - > Relaxing their arms and hands.
- Feed your baby at shorter intervals during the day to help them sleep slightly longer at night between feedings.



IF YOU'RE BREASTFEEDING

- Feed your baby 8 – 12 times per day.
- Make sure your baby has 6 – 8 wet diapers a day.
- A breastfeeding specialist is available with information and support on how to position your baby so you're more comfortable.
- WIC has nursing supplies for mothers who breastfeed.
- Breastfeeding isn't easy. If you're feeling anxiety, exhaustion or pain from breastfeeding, it's okay to supplement with formula.

IF YOU'RE FORMULA FEEDING

- Offer your baby 2 ounces every 2 – 3 hours. You can give them more if they're still hungry.
- Hold your baby so you can look at each other.
- Don't prop the bottle.
- Give your baby a pacifier when they're sleeping.

NEXT STEP: 2-WEEK VISIT

We'll talk about:

- Any concerns you have so far.
- Feeding your baby and watching them grow.
- How your family is doing.
- How you're feeling and your health and recovery.
- Your plans to go back to school or work.
- Caring for and protecting your baby.

You can call us for help
anytime you need it.
We're here for your
baby – and you.

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1-Month Check-up



Can you believe your baby's already 1 month old?

Baby Basics

- Create a simple routine for bathing, feeding, sleeping and playing each day.
- Always put your baby to sleep on their back:
 - > In your room, but NOT in your bed.
 - > In a crib, with slats less than 2 3/8 inches apart.
 - > With the crib's sides always up.
- If using a pack and play, make sure the weave is less than 1/4 inch and never leave your baby in it with the drop side down.
- Hold and cuddle your baby often.
- Do tummy time when your baby is awake and you're there to watch.
- Crying is normal and may increase when your baby is 6-8 weeks old.
- When your baby cries, comfort them by talking, patting, stroking and rocking them.
- Never shake your baby.
- If you're upset, put your baby in a safe place and call for help.
- Have you found safe, loving childcare for your baby yet? If not, ask us for help.

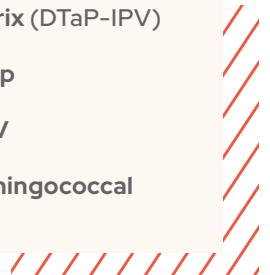
Take Care of Yourself

- Don't forget to schedule – and go to – your postpartum checkup.
- If you've been feeling sad or very tired for more than a few days, call us. We can help.
- Know that returning to work or school is hard for many parents – but it should get easier over time.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
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| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |



Keep Baby Safe

- Use a rear-facing car seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- This one's for you – always wear your seat belt!
- Keep your car and home smoke free.
- Don't put hanging cords or strings by your baby.
- Don't put necklaces or bracelets on your baby.
- When changing their clothes or diaper, keep a hand on your baby.

Your Baby and Family

- Plan with your partner, friends and/or family so you can have time for yourself.
- Take time with your partner, too.
- Are you having problems making ends meet? We can connect you to community resources.
- Join a new parents' group or call us for help if you feel lonely.
- If someone ever hits or hurts you or if you and your baby aren't safe at home, call for help.
- Make sure you're prepared for an emergency or illness:
 - > Keep a first aid kit at home.
 - > Learn infant CPR.
 - > Have a list of emergency phone numbers on hand.
 - > Know how to take your baby's rectal temperature. Call us if it's 100.4°F (38.0°C) or higher.
- Wash your hands often to help your baby stay healthy.

Feeding Your Baby

- Only feed your baby breast milk or iron-fortified formula in the first 4-6 months.
- Pat, rock, undress or change their diaper to wake your baby up to eat.
- Feed your baby when you see signs of hunger, like:
 - > Putting their hand to their mouth.
 - > Sucking, rooting and fussing.
- Stop feeding when you see signs your baby is full, like:
 - > Turning away.
 - > Closing their mouth.
 - > Relaxing their arms and hands.
- Breastfeed or bottle feed 8-12 times per day.
- Burp your baby during natural feeding breaks.
- Having 5-8 diapers each day shows your baby is eating well.



IF YOU'RE BREASTFEEDING

- Continue taking your prenatal vitamins.
- When breastfeeding is going well (usually at 4-6 weeks), you can offer your baby a bottle or pacifier.

IF YOU'RE FORMULA FEEDING

- Always prepare, heat and store formula safely. If you have questions, just ask us.
- Feed your baby 2 oz. every 2-3 hours. Baby still hungry? You can feed them more.
- Hold your baby so you can look at each other.
- Don't prop your baby's bottle.

NEXT STEP: 2-MONTH VISIT

We'll talk about:

- Taking care of yourself and your family.
- Sleep and crib safety.
- Keeping your home safe for your baby.
- Getting back to work or school.
- Finding childcare.
- Feeding your baby.

You can call us for help
anytime you need it.
We're here for your
baby – and you.

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2-Month Check-up



Parenting a 2-month-old

Your Family's Well-Being

- Taking care of yourself gives you the energy to care for your baby. Make sure to go to your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other kids to help with the baby. They can bring you things or hold the baby's hand.
- Spend one-on-one time with your other children.

Build Routines

- Start simple routines each day for bathing, feeding, sleeping and playing.
- Put your baby to sleep on their back in your room — but not in your bed.
 - > Use a crib with slats less than 2 3/8 inches apart. The crib's drop side should always be up.
 - > Give your baby a pacifier and put them to sleep when they're drowsy.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust and connection.
- Start tummy time, when you put your baby on their tummy when they're awake and you're there to watch.
- Notice what helps to calm your baby. It could be a pacifier, finger or thumb, or stroking, talking, rocking or going for walks.

Outside Care for Your Baby

- Explore clean, safe and loving childcare options for your baby. If you need help or recommendations, ask us!
- Remember it's normal feel sad about leaving your baby with a care provider. But it's okay to have help!

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
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| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Keep Baby Safe

- Secure your baby in a rear-facing car safety seat in the back seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear a seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep plastic bags, balloons and other small objects away from your baby. This includes toys from other children.
- Your baby could roll over, so keep a hand on your baby when dressing or changing them.
- Set the hot water heater so the temperature at the faucet is below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Feeding Your Baby

- Feed your baby only breast milk or iron-fortified formula during the first 4–6 months.
- Avoid feeding your baby water until about 6 months. Don't give them juice until they're about 1-year-old.
- Feed your baby when you notice signs that they're hungry. Signs include:
 - > Putting their hand to their mouth.
 - > Sucking, rooting and fussing.
- Stop feeding when you see signs that your baby is full. Signs include:
 - > Turning away.
 - > Closing their mouth.
 - > Relaxing their arms and hands.
- Burp your baby during natural feeding breaks.
- Having 5–8 diapers each day shows your baby is eating well.



IF YOU'RE BREASTFEEDING

- Feed your baby at least eight times a day.
- Plan for pumping and storing breast milk. If you need help, let us know!

IF YOU'RE FORMULA FEEDING

- Feed your baby six to eight times a day.
- Make sure to prepare and store the formula safely.
- Hold your baby so you can look at each other.
- Don't prop the bottle..

NEXT STEP: 4-MONTH VISIT

We'll talk about:

- Your baby and family.
- Feeding your baby.
- Sleep and crib safety.
- Calming techniques.
- Playtime.
- Caring for your baby and yourself.
- Keeping your home safe.
- Healthy teeth.

You can call us for help
anytime you need it.
We're here for your
baby – and you.

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4-Month Check-up



Parenting a 4-month-old

Your Family's Well-Being

- Take time for yourself and together with your partner.
- Spend time alone with your other children.
- Choose a mature, trained and responsible babysitter or caregiver. Always feel free to talk with us about your childcare choices.
- Hold, cuddle, talk to and sing to your baby each day.

Build Routines

- Keep routines for feeding, nap time and bedtime.
- Put your baby to sleep awake or drowsy, on their back, and in a safe crib at the same time each day for naps and at nighttime.

CRYING

- Give your baby a pacifier to suck when they're crying.

CRIB/PLAYPEN

- Lower your baby's mattress before they can sit upright.
- Make sure the sides are always up on the crib.
- Don't use loose, soft bedding or toys such as quilts, pillows, or pillow-like bumper pads.
- If using a mesh playpen, make sure the openings are less than 1/4 inch apart.

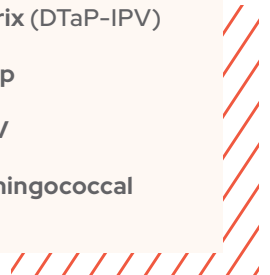
PLAYTIME

- Learn what things your baby likes and does not like.
- Encourage active play
 - > Give them mirrors, floor gyms, and colorful toys to hold.
 - > Tummy time is important! Put your baby on their tummy when their awake and watch them learn and grow.
 - > Promote quiet play.
 - > Hold and talk with your baby.
 - > Read to your baby often.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

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Keep Baby Safe

- Secure your baby in a rear-facing car safety seat in the back seat in all vehicles.
- Always wear a seat belt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags out of your baby's reach.
- Keep a hand on your baby on any surface they could fall from.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Don't sip on hot drinks when holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- Don't let your baby crawl in the kitchen — it's your most dangerous room! Place them in a playpen or highchair instead.
- Don't use a baby walker.

Healthy Teeth

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean their pacifier.
- Use a cold teething ring if your baby has sore gums with teething.

Feeding Your Baby

- Feed your baby only breast milk or iron-fortified formula during the first 4–6 months.

IF YOU'RE BREASTFEEDING

- Plan for pumping and storage of breast milk.

IF YOU'RE FORMULA FEEDING

- Make sure to prepare and store the formula safely.
- Hold your baby so you can look at each other.
- Don't prop the bottle.
- Don't give your baby a bottle in the crib.



SOLID FOOD

- You can start feeding your baby solid food if they're ready. Here are some of the signs your child is ready for solids:
 - > Opens their mouth for the spoon.
 - > Sits with support.
 - > Has good head and neck control.
 - > Shows interest in foods you eat.
- Avoid feeding your baby too much by following the baby's signs of fullness.
 - > Leaning back
 - > Turning away
- Ask us about programs like WIC that can help you get food if you're breastfeeding and formula for your baby if you are formula feeding.

NEXT STEP:

6-MONTH VISIT

We'll talk about:

- Introducing solid food.
- Getting help with your baby.
- Home and car safety.
- Brushing your baby's teeth.
- Reading to and teaching your baby.

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anytime you need it.
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baby – and you.

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PEDIATRICS

6-Month Check-up



Parenting a 6-month-old

Your Family's Well-Being

- Don't hesitate to ask friends and family for help.
- Encourage your partner to work as a team to care for your baby. If you're a single parent, feel free to ask us about helpful resources you can turn to for support.
- Invite friends over or join a parent group.
- Choose a mature, trained, and responsible babysitter or caregiver. We're happy to talk to you about your childcare options.

Your Baby's Development

- Sit your baby up so they can look around.
- "Talk" with your baby by copying the sounds they make.
- Read books together.
- Play games like peekaboo, patty-cake and so big.
- Encourage active play with mirrors, floor gyms and colorful toys to hold.
- If your baby's fussy, give them safe toys to hold and put in their mouth. Also make sure they get regular naps and playtimes.
- Put your baby to bed when they're sleepy but still awake.

CRIB/PLAYPEN

- Lower the crib mattress all the way when your baby starts standing.
- Use a crib with slats close together (2 3/8 inches apart or less).
- When your baby is in the crib, make sure the drop side is up.
- Don't use loose or soft bedding and keep toys and blankets out of the crib.
- If using a mesh playpen, make sure the openings are less than 1/4 inch apart.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Keep Baby Safe

- Secure your baby in a rear-facing car safety seat in the back seat in all vehicles. Never put your baby in the front seat.
- Don't leave your baby alone in the tub or near water or bathwater — even in a bath seat or ring.
- Don't leave your baby on high surfaces like changing tables, beds or sofas. Always be close enough to touch your baby.
- Don't let your baby crawl in the kitchen — it's your most dangerous room! Place them in a playpen or highchair instead.
- Don't use a baby walker.
- Block off stairs with gates once your baby becomes mobile.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your hot water heater to 120°F or lower.
- Turn pot handles inward on the stove.
- Don't leave hot irons or hair care products plugged in.
- Lock up poisons, medicines, and cleaning supplies. Call Poison Help if your baby gets into something they shouldn't at 800.222.1222.

Healthy Teeth

- Many babies begin to cut teeth by 6 months. Use a soft cloth or toothbrush to clean each tooth with plain water as it comes in. You can also start using a small cupcake sprinkle-sized dollop of toothpaste containing fluoride.

Feeding Your Baby

- At 6 months, most babies have doubled their birth weight. This is the point their growth will start slowing down.
- If you're still breastfeeding, great! Keep going as long as you both like.
- If you're feeding your baby formula, use one that's iron-fortified.
- Don't give them a bottle in bed or prop the bottle.
- Set regular times for your baby to eat. You shouldn't let them eat all day.

SOLID FOOD

- You can start feeding your baby solid food if they're ready. Here are some of the signs your child is ready for solids:
 - > Opens their mouth for the spoon.
 - > Sits with support.
 - > Has good head and neck control.
 - > Shows interest in foods you eat.



STARTING NEW FOODS

- Introduce new foods one at a time by offering one to two tablespoons of solid food two to three times per day.
- Don't force your baby to eat or finish food. Avoid feeding your baby too much by looking for signs of fullness.
 - > Leaning back
 - > Turning away
- It may take 10 to 15 tries before your baby will like solid food. To prevent choking:
 - > Only give your baby soft, small bites of finger foods.
 - > Keep small objects and plastic bags away from them.
- Avoid honey until age 1.
- Ask us about programs like WIC that can help you get food if you're breastfeeding and formula for your baby if you are formula feeding.

NEXT STEP:

9-MONTH VISIT

We'll talk about:

- Introducing new foods and establishing a routine.
- Car seat safety.
- Safety at home.
- Helping your baby learn.

You can call us for help
anytime you need it.
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baby – and you.

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PEDIATRICS

9-Month Check-up



Parenting a 9-month-old

Your Family's Well-Being

- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- Find mature babysitters you can trust.
- If you feel alone, we can help with resources.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

Your Baby's Development

- Keep consistent daily routines.
- Create a loving and calm environment in the hour before bedtime.
- Check on — but don't pick up — your baby if they wake at night.
- Closely watch your baby as they explore inside and outside the home.
- It's normal for your baby to cry when you leave. It's okay!
- Give your baby toys that roll, balls, blocks and containers to play with.
- Avoid using TVs, videos and computers.
- Show and tell your baby in simple words what you want them to do.
- Avoid scaring or yelling at your baby.
- Talk, sing and read to your baby every day.

Communicating with Your Baby

- Rather than tell your baby what NOT to do, tell them what TO do in a simple, gentle way. For example, "Time to eat!" instead of "Stop playing so we can eat!"
- At this age, sometimes you can change what your baby is doing by offering something else, like a favorite toy.
- Do things the way you want your baby to do them. You're their role model!
- Use "No!" only when your baby is going to get hurt or hurt others. Make your home and yard safe so that you do not have to say "No!" very often.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Keep Baby Safe

- Secure your baby in a rear-facing car safety seat in the back seat in all vehicles. They should stay in a rear-facing seat until they're at least 2 years old or reach the height or weight limit of their seat.
- Never put your baby in the front seat.
- Always wear your seat belt and don't drive after using alcohol or drugs.
- Place gates on stairs.
- Don't use a baby walker.
- Don't leave heavy or hot things on tablecloths that your baby could pull.
- Put barriers around space heaters and keep electrical cords out of your baby's reach.
- Empty buckets, pools and tubs right after you use them to prevent drowning.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within an arm's reach at all times.
- Keep poisons, medications and cleaning supplies locked up. Call Poison Help (1.800.222.1222) if you're worried your child ate something harmful.
- Install window guards on your second story and higher. Keep furniture away from windows.
- Never keep a gun in your home. If you must have a gun, store it unloaded and locked with the ammunition locked separately.
- Keep your baby in a highchair or playpen when you're in the kitchen.

Feeding Your Baby

- Be patient with your baby as they learn to eat without help. It's normal to get messy!
- Feed them 3 meals and 2 – 3 snacks each day and vary the thickness and texture of their food.
- Start giving more table foods, and only give them healthful foods.
- Avoid giving your baby soft drinks, tea, coffee and flavored drinks.
- Don't force your baby to eat. Babies may say no to a food 10 to 12 times before they'll try it.
- Help your baby to use a sippy cup or straw cup.
- Keep breastfeeding or bottle-feeding until they're 1 year old. Don't switch to cow's milk yet!
- Avoid honey until age 1.



NEXT STEP: 12-MONTH VISIT

We'll talk about:

- Setting rules and limits.
- Creating a calming bedtime routine.
- Feeding new foods.
- Supervising effectively
- Caring for your child's teeth.

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Parenting a 12-month old

Disciplining a Toddler

- Avoid hitting, spanking or yelling at your child. When they're misbehaving, distract them with a toy or activity they like or use short timeouts.
- Teach your child short, simple rules, and praise them when they follow them to reinforce good behavior.
- Make sure that other caregivers enforce the same rules for consistency.

Establishing Routines

- Make sure you put your child down for at least one nap a day. Space it appropriately so they're tired at bedtime.
- Read to your child before they go to sleep and make the hour before bedtime loving and calm.
- Limit screen time and make sure they don't watch anything scary.
- Play and read with your child every day.
- Children this age are often afraid of strangers. That's normal! Have strangers approach slowly to make your child comfortable.
- Consider joining a playgroup or class so you and your child can meet new people.
- Start family traditions like reading or going on walks together.
- Take time for yourself and your partner and stay in contact with family and friends. You need adult time too!

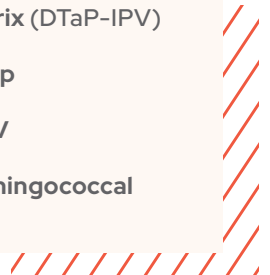
Feeding Your Child

- Have your child eat when you eat.
- Let your child decide what and how much to eat. Be patient as they learn to eat on their own.
- Feed your child three healthy meals and two to three snacks a day to avoid tantrums.
- Make sure caregivers provide the same kind of food and mealtime routines.
- Don't give your child small, hard foods that can cause choking. Some foods to avoid include nuts, popcorn, hot dogs, grapes and hard, raw veggies.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |



Keeping Your Toddler Safe

- Keep your child in a rear-facing car safety seat until they reach the seat's weight or height limit. They likely won't be big enough to switch to a forward-facing seat until they're 2 years old.
- Lock up poisons, medications, and lawn and cleaning supplies. If your child eats a nonfood, call Poison Help immediately at 800.222.1222.
- Keep small objects, balloons and plastic bags out of your child's reach.
- Put safety gates at the top and bottom of stairs and guards on windows on the second floor and higher. Also keep furniture away from windows.
- Keep sharp objects like knives and scissors locked up or out of reach.
- Keep your child within reach whenever you're near water.
- Empty buckets, tubs and pools as soon as you're done using them.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.

Finding a Dentist

- Your child should have their first dental visit by the time they're 12 months.
- Brush their teeth twice a day with a soft toothbrush and a rice-size smear of fluoride toothpaste.
- If using a bottle, only give them water.

NEXT STEP:

15-MONTH VISIT

We'll talk about:

- Your child's speech development.
- Their feelings, temper tantrums and discipline.
- Getting enough sleep
- Caring for their teeth
- Keeping them safe at home.



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PEDIATRICS

15-Month Check-up



Parenting a 15-month-old

Understanding Words and Feelings

- Showing your child how to use their words is key to their communication development.
 - > Use words to describe your child's feelings and gestures.
 - > Use simple, clear phrases when you talk to your child.
 - > Talk about the pictures they see in books.
- Give your child two choices for snacks, books or toys.
- It's normal for your child to be nervous around new people. Simply comfort them when they seem anxious.

Getting a Good Night's Sleep

- Make the hour before bedtime calm and loving.
- Have a simple bedtime routine that includes reading a book.
- Put your child to bed at the same time every night. Try to put them to bed early.
- Aim to put your kid in bed when they're tired but still awake.
- If your child wakes up during the night, avoid giving them too much attention. Simply reassure them with a blanket or toy for comfort.
- Stop overnight feedings or using a bottle to calm them at night.

Disciplining a Toddler

- When they're misbehaving, distract them with a toy or activity they like. And praise them when they're behaving well.
- Limit your need to say "No!" by making your home and yard safe to play in.
- Use discipline to protect and teach your child rather than to punish them.
- Remember your child is learning. Be patient when they're messy.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTaq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Keeping Your Toddler Safe

- Keep your child in a rear-facing car safety seat until they reach the seat's weight or height limit. They likely won't be big enough to switch to a forward-facing seat until they're 2 years old.
- Follow the owner's manual when switching the car safety seat to the forward-facing position.
- Never put your child's rear-facing seat in the front seat of a vehicle.
- Everyone in the car should be buckled up.
- Lock up poisons, medications, and lawn and cleaning supplies. If your child eats a nonfood, call Poison Help immediately at 800.222.1222.
- Keep them away from pot handles, small appliances, fireplaces and space heaters.
- Lock away cigarettes, matches, lighters and alcohol.
- Put safety gates at the top and bottom of stairs and guards on windows on the second floor and higher. Also keep furniture away from windows.
- Make sure you have working smoke and carbon monoxide alarms.
- Set your hot water heater to lower than 120°.

Keeping Their Teeth Healthy

- Your child should have their first dental visit if they haven't already.
- Brush their teeth twice a day with a soft toothbrush and a rice-size smear of fluoride toothpaste.
- Start weaning them from the bottle. If they use a bottle, only give them water.
- Avoid sharing cups and spoons with your child and don't clean their pacifier in your mouth.

NEXT STEP: 18-MONTH VISIT

We'll talk about:

- Talking and reading with your child.
- Playgroups.
- Spending time with your family and partner.
- Car and home safety.
- Potty training.



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THE IOWA
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PEDIATRICS

18-Month Check-up



Parenting an 18-month-old

Growing as a Family

- Create time for your family to be together.
- Keep outings with a toddler brief if possible.
- Give older children a space for toys they don't want to share with their younger sibling.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup. Ask us for help finding programs for your family.
- Spend time with each child. And make sure you're also taking care of yourself.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Tell us if you need help with getting enough food for your family

Developing Language Skills

- Read and sing to your child often.
- Talk about pictures in books and ask them to point to things as you read.
- Use simple words while talking to your child or telling them what to do.
- Tell your child the words for their feelings.
- Ask your toddler simple questions and repeat their answers in simple terms.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Keeping Your Kids Safe

- Make sure your child's safety seat is correctly installed in the back seat of your vehicle. Read the manual to check on the weight and height requirements.
- Don't start your car until everyone inside is buckled up.
- Make sure someone is holding your child anytime a car is backing out of the garage or driveway.
- Watch your child closely when they're near stairs. Put safety gates at the top and bottom of stairs and guards on windows on the second floor and higher. Also keep furniture away from windows.
- Prevent burns by keeping hot liquids, matches, lighters and the stove away from your child.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Have a working smoke detector on every floor.

Potty Training

- Children potty train at different times. Watch for these signs to help you know whether your kid is ready:
 - > They're dry for two hours — and can tell you if they're wet or dry.
 - > Can pull their pants up and down.
 - > They want to learn!
 - > Can tell you if they need to poop.
- Read books about potty training.
- Praise sitting on the potty, even with clothes on.
- Let your child choose their own underwear when they're ready.

Teaching Your Child How to Behave

- Set limits and ask others to use them with your toddler for consistency.
- Praise your child for behaving well or doing a good job.
- Play with your child every day.
- Keep timeouts brief and tell them in simple words what they did wrong. Explain nicely what your child did wrong.
- Change your child's focus to another toy or activity if they become upset.
- Parenting class can help you understand your child's behavior and teach you what to do. Ask us for any recommendations!
- Expect your child to cling to you in new situations.
- You can't expect a toddler to share, but you can model sharing behavior.
- Teach your child not to hit, bite or hurt people or pets.



NEXT STEP:

2-YEAR-OLD VISIT

We'll talk about:

- Developing language skills.
- Screen time.
- Potty training.
- Home and car safety tips.
- How your child behaves.

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PEDIATRICS

3-Year
Check-up



Parenting a 3-year-old

Developing Language Skills

- Read books, sing songs and play rhyming games. Talking about stories and pictures helps your child learn how to read.
- Look for ways to practice reading simple words everywhere you go, like street signs or posters in a store.
- Ask your kid about their day — who they played with and what activities they enjoyed.
- Give your child the chance to make choices.

Keeping Your Kids Safe

- Use a forward-facing car safety seat in the back seat.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for their car safety seat, their shoulders are above the top harness slots or their ears come to the top of the car safety seat.
- Never leave your child alone in the car, house or yard. And always watch them when they're playing near the street.
- Don't let young siblings watch your child. They need supervision too!
- Don't let them cross the street alone.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Ask if there are guns in their friends' homes. If so, talk to their parents about making sure they're inaccessible.

Staying Active

- Kids this age shouldn't be inactive for longer than 1 hour at a time while they're awake.
- Encourage family activities.
- Limit screen time to no more than one to two hours a day. Don't put a TV in your child's bedroom.
- Prevent your child from viewing shows and ads that may make them want unhealthy things.
- Need help getting your kid enrolled in preschool or Head Start? We can help!

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |



Growing as a Family

- Take time for yourself and your partner, and stay connected to your friends and interests. You need adult time too!
- Know that other parents may have different parenting styles than you — and that's okay!
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have family playtimes and mealtimes regularly.

Playing with Others

- Make sure your child has the chance to play with other kids often. It's an important part of getting them ready for school!
- Encourage imagination! Give your child toys for dress-up, make-believe and imitation.
- Show your child how to take turns and cooperate while playing with other kids.
- Show them how to handle anger with alone time, respectful talk or activities. Teach them to stop hitting, biting, and fighting.

NEXT STEP:

12-MONTH VISIT

We'll talk about:

- Getting ready for school.
- Community involvement and safety.
- Physical activity and limiting screen time.
- Keeping your child's teeth healthy.
- Safety tips.
- How to be safe with adults.



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PEDIATRICS

4-Year Check-up



Parenting a 4-year-old

Keeping Your Kids Safe

- Have your child always ride in a car safety seat or booster seat in the back.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for their car safety seat, their shoulders are above the top harness slots or their ears come to the top of the car safety seat.
- Never leave your child alone in the car, house or yard. And always watch them when they're playing near the street.
- Don't let them cross the street alone.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Ask if there are guns in their friends' homes. If so, talk to their parents about making sure they're inaccessible.
- Talk to your kids about how other adults should treat them and behave around them.
 - > No one should tell them to keep secrets from their parents.
 - > No adults should ask to see their private parts or show them theirs.

Staying Healthy

- Eat together as a family as often as possible — without the TV.
- Create a calm, relaxing bedtime routine.
- Have your child brush their teeth with a pea-sized amount of fluoride toothpaste twice a day — after breakfast and before bed. They should spit out their toothpaste but not rinse.
- Use correct names for body parts when they start asking questions.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |

Getting Ready for School

- Ask your kid about their day — who they played with and what activities they enjoyed.
- Read books together every day and talk to them about the stories. Let them pick out books at the library.
- Give your child time and patience to finish their sentences and express their thoughts.
- Treat your child with respect.
- Show them how to apologize and help them say sorry when they hurt someone's feelings.
- Praise them for being nice and respectful to others.
- Consider enrolling your child in preschool and give them opportunities to play and interact with others.

Creating Healthy TV and Media Habits

- Limit screen time to two hours per day.
- Talk about the shows you watch together.
- Keep TV out of the bedroom.
- Encourage play and praise your child for being active.

NEXT STEP:

5- 6-YEAR-OLD VISITS

We'll talk about:

- Keeping your child's teeth healthy.
- Preparing for school.
- Dealing with tempers.
- Eating healthy foods and staying active.
- Safety tips.



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THE IOWA
CLINIC®

PEDIATRICS

5-6-Year
Check-up



Parenting 5- and 6-year-olds

Keeping Your Kids Safe

- Have your child always ride in a car safety seat or booster seat in the back.
- Teach them about bus safety when they go to school or on field trips.
- Buy a good-fitting helmet and safety gear for activities like biking, skating, rollerblading, skiing, snowboarding and horseback riding.
- Apply at least 30 SPF sunscreen whenever you're outside.
- Teach your child to swim and keep an eye on them when they're in the water.
- Keep your house and cars smoke-free. Install smoke alarms on each floor and carbon-monoxide detectors near the rooms where your family sleeps. Have a fire escape plan.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Ask your child if there are guns in their friends' homes. If so, talk to their parents about making sure they're inaccessible.
- Teach your child how to cross the street. But they shouldn't cross alone until they are at least 10 years old.
- Talk to your kids about how other adults should treat them and behave around them.
 - > No one should tell them to keep secrets from their parents.
 - > No adults should ask to see their private parts or show them theirs.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal |



Staying Healthy

- Eat together as a family as often as possible to build connections.
- Start every day with a healthy breakfast.
- Encourage three servings of milk or other dairy products every day.
- Limit soft drinks, juice, candy and other “junk food.”
- Include at least 5 servings of fruits and vegetables in their meals every day.
- Encourage them to play at least one hour a day.
- Limit screen time to two hours a day and don't put a TV or computer in their room.

Teaching Your Child Responsibility

- Give them chores and establish expectations for when and how they do them.
- Create family routines.
- Teach your child what's right and wrong — and be a good role model.
- Hug and praise your child when they do the right thing.
- Remember children learn better from discipline than from punishment.
- Talk to your kid about how to deal with anger and teach them to walk away when they're upset.

Getting Ready for School

- Talk to your child about school and take them to see their building and meet their teacher.
- Read books about starting school with your child.
- Arrange safe and reliable after-school care.
- Once your kid starts school, talk to them every day about what they like, what they struggle with, and how other students treat them.

Keeping Their Teeth Healthy

- Have your child brush their teeth twice a day — after breakfast and before bed.
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss their teeth once a day.
- Take them to the dentist at least twice a year for a checkup and cleaning



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THE IOWA
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PEDIATRICS

7-8 Year Check-up



Parenting 7- and 8-year-olds

Keeping Your Kid Safe

- Have your child ride in a booster seat in the back until your vehicle's lap and shoulder belt fit.
- Buy a good-fitting helmet and safety gear for activities like biking, skating, rollerblading, skiing, snowboarding and horseback riding.
- Apply at least 30 SPF sunscreen whenever you're outside.
- Teach your child to swim and keep an eye on them when they're in the water.
- Keep your house and cars smoke-free.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Keep an eye on what your child is accessing online. Know who they're talking to and install a safety filter.
- Get to know your kid's friends and their families.
- Teach your child how to call 911 and other safety precautions in case of a fire or other emergency.
- Talk to your kids about how other adults should treat them and behave around them.
 - No one should tell them to keep secrets from their parents.
 - No adult should ask to see their private parts or show them theirs.

Supporting Them in School

- Go to as many school events, like parent-teacher conferences or student performances, as possible.
- Talk with your child and child's teacher about bullies.
- Go to your child's teacher if you think they might need extra help. Teachers can help evaluate what kind of tutoring or support would benefit them.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal (meningitis) |

Staying Healthy

- Eat together as a family as often as possible to build connections.
- Start every day with a healthy breakfast.
- Encourage three servings of milk or other dairy products every day.
- Limit soft drinks, juice, candy and other “junk food.”
- Include at least 5 servings of fruits and vegetables in their meals every day.
- Encourage them to play at least one hour a day.

Limit screen time to two hours a day and don't put a TV or computer in their room.

Teaching Your Child Responsibility

- Give them chores and establish expectations for when and how they do them.
- Show your child you're proud of them for their good behavior and accomplishments.
- Be a good role model. Don't hit or allow others to hit.
- Help your child to do things for themselves.
- Teach your child to help others.
- Talk about rules and consequences.
- Pay attention to puberty and body changes in your child. Answer your child's questions in simple terms.
- Let your child know they can come to you to talk about what's on their mind.

Keeping Their Teeth Healthy

- Have your child brush their teeth twice a day — after breakfast and before bed.
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss their teeth once a day.
- Take them to the dentist at least twice a year for a checkup and cleaning.
- Buy them a mouthguard to wear when they're playing sports.



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Parenting 9- and 10-year-olds

Keeping Your Kid Safe

- Until they're 13, the safest place for your child to ride in a car is the back seat. Use a booster seat until the lap belt fits low and flat on their upper thighs, the shoulder belt fits snugly across their shoulders, and they can bend their knees while sitting all the way back.
- Make sure they wear a good-fitting helmet and safety gear for activities like biking, skating, rollerblading, skiing, snowboarding and horseback riding.
- Apply at least 30 SPF sunscreen whenever you're outside.
- Teach your child to swim and keep an eye on them when they're in the water.
- Talk to your kid about the dangers of smoking, using drugs or drinking alcohol.
- Make a plan for situations that make your kid feel unsafe.
- Avoid keeping guns in your home. If you must have one, lock it up unloaded with the ammunition locked separately.
- Keep an eye on what your child is accessing online. Know who they're talking to and install a safety filter.
- Get to know your kid's friends and their families.
- Talk to your kids about how other adults should treat them and behave around them.
 - No one should tell them to keep secrets from their parents.
 - No adult should ask to see their private parts or show them theirs.

Supporting Them in School

- Show interest by going to as many school events, like parent-teacher conferences or student performances, as possible.
- Talk with your child and child's teacher about bullies.
- Go to your child's teacher if you think they might need extra help. Teachers can help evaluate what kind of tutoring or support would benefit them.
- Set a routine and create a quiet space for them to do homework.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal (meningitis) |

Staying Healthy

- Eat together as a family as often as possible to build connections.
- Encourage three servings of milk or other dairy products every day.
- Limit soft drinks, juice, candy and other “junk food.”
- Include at least 5 servings of fruits and vegetables in their meals every day.
- Encourage them to play at least one hour a day.
- Limit screen time to two hours a day and don’t put a TV or computer in their room.

Teaching Your Child Responsibility

- Be a model for your child. Apologize and own your mistakes.
- Show your child how to use their words appropriately when they’re upset.
- Teach your child to help others.
- Give them chores and establish expectations for when and how they do them.
- Show you trust your child by giving them their own space. However, keep an eye on them when they’re playing with friends.
- Answer questions about puberty in a simple, matter-of-fact way.
- Teach your child the importance of waiting when it comes to sexual behavior — and make them feel comfortable asking questions.

Keeping Their Teeth Healthy

- Have your child brush their teeth twice a day — after breakfast and before bed.
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss their teeth once a day.
- Take them to the dentist at least twice a year for a checkup and cleaning.
- Buy them a mouthguard to wear when they’re playing sports.



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THE IOWA
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PEDIATRICS

11-14 Year
Check-up



Parenting Early Adolescents

Supporting Your Kid as They Grow and Change

- Talk with your child about how their body is changing — and how it's totally normal.
- Encourage your child to brush their teeth twice a day and floss once a day.
- Take your child to the dentist twice a year.
- Serve healthy food and eat together as a family as often as possible, even though life is busy.
- Encourage your child to get one hour of vigorous physical activity every day. This can be at home or as part of a team or activity.
- Help your child limit screen time to two hours a day, not including homework time.
- Praise your child when they do something well or kind

Preventing Violence and Injuries

- Make sure everyone always buckles up in the car.
- Don't allow your child to ride ATVs or other dangerous off-road vehicles.
- Teach your child how to get help when they feel unsafe.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Help them understand nonviolent ways to handle strong emotions like anger or fear.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal (meningitis) |



Championing Your Child's Emotional Wellbeing

- Support your child as they work through problems.
- Help them figure out healthy ways to deal with stress and anxiety. Show your child how to use words to share feelings and handle disputes.
- Spend quality time with your child.
- Get to know your child's friends and their parents. You should know where your child is and what they are doing at all times while still granting them independence.
- If you're worried that your child is sad, depressed, nervous, irritable, hopeless or angry, talk with us.

Fostering Healthy Choices

- Help your child find fun and safe things to do.
- Make sure your child understands the consequences of alcohol and drug use.
- Make sure your child or their friends don't have access to alcohol or drugs — including prescriptions — in your home.
- Talk about relationships, sex and values. And encourage them to wait to have sex.
- If you feel uncomfortable talking about puberty or sex with your child, ask us or others you trust for information that can help you.
- Enforce clear and consistent rules, expectations and discipline with your child.
- Be a role model for healthy behavior choices.

Giving Your Child More Independence

- Check in with your child's teacher about their grades and attend school events whenever possible.
- Trust your child to take responsibility for schoolwork, and talk to them about their progress.
- Help your child manage their time, if they need it.
- Encourage reading.
- Support your child as they find activities and interests they're interested in outside of schoolwork.
- Encourage them to find ways to help others.
- Give your child the chance to their own decisions, but be available to help when then need it.



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THE IOWA
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PEDIATRICS

15-17 Year
Check-up



Parenting 15-17-year-olds

Supporting Your Teen as They Grow and Change

- Make sure your teen visits the dentist at least twice a year.
- Encourage them to protect their hearing at work, home and concerts. Ask us for ear protection recommendations.
- Stock your home with healthy foods they like.
- Make sure they get enough calcium for their growing bones.
- Encourage one hour of vigorous physical activity a day.
- Praise your teen when they do something well or kind.

Fostering Healthy Choices

- Talk with your teen about the consequences of alcohol, drug and nicotine use.
- Talk about relationships, sex and values. And be there for them when they have questions or concerns about sexual behavior.
- Praise them for making responsible decisions when it comes to sex and substance use.
- Encourage safe activities and interests in the community and at school.

Championing Your Child's Emotional Wellbeing

- Set aside time to listen to your teen about their hopes and concerns.
- Support them as they learn how to deal with stress.
- Be there for them as they navigate solving problems and making decisions on their own.
- If you're worried that your child is sad, depressed, nervous, irritable, hopeless or angry, talk with us.

Date _____ Height _____ / _____ %
Weight _____ / _____ % HC _____ / _____ %

Today your child received the following immunizations:

- | | |
|--|---|
| <input type="checkbox"/> Pediarix (diphtheria, tetanus, acellular pertussis, inactivated polio & hepatitis B) | <input type="checkbox"/> Varicella (chickenpox) |
| <input type="checkbox"/> HIB (haemophilus influenza type B) | <input type="checkbox"/> Hepatitis A |
| <input type="checkbox"/> Prevnar (pneumococcal conjugate vaccine) | <input type="checkbox"/> DTaP (diphtheria, tetanus, acellular pertussis) |
| <input type="checkbox"/> RotaTeq (rotavirus) | <input type="checkbox"/> MMR-Varicella |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Kinrix (DTaP-IPV) |
| <input type="checkbox"/> MMR (measles, mumps, rubella) | <input type="checkbox"/> Tdap |
| | <input type="checkbox"/> HPV |
| | <input type="checkbox"/> Meningococcal (meningitis) |



Giving Your Child More Independence

- Praise positive efforts and success in school and other activities.
- Encourage them to read and learn.
- Help your teen find fun and safe activities to do with their friends.
- Help them consider ways to help others.
- Get to know your teen's friends and their parents. And know where they are and what they're doing at all times — while also granting them more independence.
- Check in with your teen's teacher about their performance in school. And attend as many school events as possible.

Preventing Violence and Injuries

- Don't tolerate drinking and driving.
- Make sure everyone knows to always buckle up in a vehicle.
- Set expectations for safe driving. Limit how many friends they can take in the car and how late they can drive.
- Teach your child how to not tolerate physical harm and get help when they feel unsafe.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Help them understand nonviolent ways to handle strong emotions like anger or fear.
- Make sure they understand that healthy dating relationships are built on respect. If they say "no," or if someone tells them "no," that should be the final answer.



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THE IOWA
CLINIC®

PEDIATRICS

18-21 Year
Check-up



18-21 years

Things to Know as You Enter Adulthood

Developing Healthy Habits

- Visit the dentist at least twice a year for a checkup and cleaning.
- Use hearing protection in loud environments, such as concerts.
- Eat a variety of healthy foods and drink plenty of water.
- Eat breakfast every morning.
- Make sure you get enough calcium by consuming three or more servings of low-fat (1%) or fat-free milk or other dairy products each day.
- Aim for one hour of vigorous physical activity each day.
- Celebrate your wins! Be proud of yourself when you do something well.

Making Healthy Decisions

- Support friends who don't use drugs, alcohol, tobacco or other substances.
- Talk to us if you use drugs or alcohol. We can help make sure you don't overindulge — and can help you cut back if you're afraid your habits are getting out of hand.
- If you're sexually active, practice safe sex by using a condom to prevent STIs or unwanted pregnancy.
- Sexual activity should be something you want. No one should ever force or pressure you. And you should never force or pressure anyone.

Avoiding Violence and Injuries

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol.
- If you feel unsafe driving or riding with someone, call someone you trust for a ride.
- Always wear a seat belt in the car and know the rules for safe driving.
- Don't tolerate physical harm toward yourself or others. Always deal with conflict in a way that isn't violent.
- Healthy dating relationships are built on respect. If you say "no" or someone says "no" to you, that decision should be honored without question.
- Remember that fighting and carrying weapons can be dangerous.

Dealing with your emotions

- Find healthy ways to deal with stress. If you need suggestions, let us know!
- Try your best to solve problems and make decisions on your own. But don't be afraid to ask for help when you need it.
- If you feel sad, depressed, nervous, irritable, hopeless or angry for long periods of time, talk with me or another health professional. We can help you get better.
- Sexuality is an important part of your development. If you have questions, always feel comfortable talking to us. We're here to talk without judgment.

Managing School and Friends

- Discover new hobbies and activities you enjoy.
- Get involved in your community by helping others or volunteering for an organization or issue that concerns you.
- Form healthy friendships with people who support you. If you drift away from some of your old friends, that's normal and okay.
- Stay connected with family members that love and support you.



Need help finding a new doctor?

It's important to find a family doctor to continue your care as an adult. If you need a recommendation, we can help. Call 515.875.9000 or talk with your pediatrician to get a referral.

You can call us for help
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