

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 fontanelles (soft spots) will be checked to make sure they are closing properly.



Remember.....

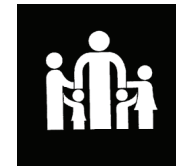
1. **Ask questions** if you don't understand something about the exam. You are entitled to a copy of the results and an explanation of their meaning. So ask!
2. Call your local community CHDP Administrative office if you do not receive a full range of CHDP services. They will help you get an appointment 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**



Well Baby Exam

Birth to 18 Months



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.
- This 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.