

Newborn Checklist

<input type="checkbox"/>	<p>Before you go to the hospital:</p> <ul style="list-style-type: none"> • Have name options for your baby (first and last name). • Take your State of California Benefits Identification Card (BIC) card to the hospital. • Choose a doctor or clinic for your baby. 									
<input type="checkbox"/>	<p>Before you leave the hospital:</p> <ul style="list-style-type: none"> • Ask the care team to help enroll your baby into Medi-Cal. • Ask for your baby's Medi-Cal CIN ID number. • Schedule your baby's first well-baby check-up appointment with doctor. 									
<input type="checkbox"/>	<p>After you leave the hospital:</p> <ul style="list-style-type: none"> • Take your newborn to their well-baby check-up appointment. • Talk to your baby's doctor or care team to confirm that your baby is enrolled in Medi-Cal. 									
<input type="checkbox"/>	<p>Your newborn should have a well-baby check-up appointment when the baby is 3-5 days old.</p> <ul style="list-style-type: none"> • Your baby will grow quickly in the first year of life! • It is important that you take your baby for well-baby check-up with a doctor at these ages: <table border="1" data-bbox="267 1018 1360 1092"> <tr> <td>3-5 days</td> <td>1 month</td> <td>2 months</td> <td>4 months</td> <td>6 months</td> <td>9 months</td> <td>12 months</td> <td>15 months</td> <td>18 months</td> </tr> </table> <ul style="list-style-type: none"> • Your baby's doctor may want to see your baby at 2 weeks for a well-baby check-up also. • Take your baby to their dental visit every six months starting at 12 months. 	3-5 days	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months
3-5 days	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months		
<input type="checkbox"/>	<p>What to expect during well-baby check-ups:</p> <ul style="list-style-type: none"> • A physical exam of your baby • A check of your baby's development and growth • Immunizations • Questions about your baby's feeding, sleeping, and development. • Time to ask questions (Write down your questions and bring them to the clinic!) 									
<input type="checkbox"/>	<p>If your baby is not enrolled in Medi-Cal at the hospital or by the doctor's office at the first visit, call you worker at your local Medi-Cal office.</p>									
<input type="checkbox"/>	<p>Before each well-baby appointment:</p> <ul style="list-style-type: none"> • Call to arrange transportation as soon as an appointment is made and interpreter services as needed. • Call the number on the back of your health plan Medi-Cal ID card for transportation assistance and interpreter services. • Remember to bring your own car seat while using transportation services. 									

(continued)



To Do List

My top baby names are:

- .
- .
- .

My baby's doctor/clinic is:

My baby's first infant well-child visit is on (date and time):

My baby's Medi-Cal CIN ID number is:

My postpartum visit is on (date and time):

Download the free CDC Milestone Tracker App to help monitor your baby's progress:

Scan the QR code:



Or visit the website at <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

Notes: