



Checking in:

Questions to ask at your child's well visits

Your child's care provider does many important things, like checking your baby's development and giving immunizations. They can also help you watch over your baby's health.

There is a lot to think about as you get ready for your baby's appointments. And your baby is always developing new needs. These questions can help you get the most out of each early well-child visit.

3 – 5-day visit

- How can I keep my baby comfortable and safe from seasonal weather?
- What can I do to make breastfeeding more comfortable for me and baby?
- When will my baby gain more weight?
- Should I always put my baby to sleep on their back?
- How do I care for my baby's umbilical cord?
- How often should my baby get a bath?
- How do I calm and soothe my baby?

1-month visit

- When will my baby sleep through the night?
- What should I do for the peeling skin on my baby's head?
- How do I care for my infant's skin?
- What is a normal number of wet or soiled diapers I should change every day?
- Are there programs to help me buy formula or breast pumps?

2-month visit

- How often should my baby be eating?
- Should I be using formula in addition to breastfeeding?
- How can I keep my baby comfortable after immunizations?
- How can I find childcare I can trust?
- When should I stop swaddling my baby?
- I've been feeling sad and anxious since delivering my baby. What should I do?
- What is "tummy time"?

4-month visit

- Is Tylenol safe to give my baby for a fever?
- How can I help my baby have healthy teeth?
- How can I help soothe my baby during teething?
- How can we begin to create a sleeping routine?
- How long should my baby spend doing "tummy time" each day?
- How long should my baby nap each day?

6-month visit

- When and how should I introduce foods other than breastmilk or formula?
- How can I wean my baby off night feedings?
- How long should my baby use a pacifier?
- Can my baby sleep with a favorite blanket or toy?
- When can my baby start drinking from a sippy cup?

9-month visit

- I think my baby is behind in development (e.g., crawling). What can I do to help?
- What do I need to babyproof in my home once my baby can crawl?
- Should I be brushing my baby's new teeth?
- How long should my baby be sleeping at night?
- How long should I let my baby cry at night?

12-month visit

- What should I do when baby pulls my hair or bites?
- Are my baby's sleep patterns normal?
- How can I treat diaper rash?
- What can I do about sore arms and back from holding my baby?
- Should my baby nap at the same time each day?
- How do I keep my child safe as they learn to walk and explore?

15-month visit

- When should my baby switch from a crib to a bed?
- How much juice or milk should my baby be drinking?
- Should my baby have screen time?
- When should my baby go to the dentist?
- When should I switch to a front-facing car seat?

For help getting to an appointment, or getting formula or healthy food, call the number on your insurance card.

If you are a UnitedHealthcare Community Plan member, you may have access to our [Healthy First Steps program](#), which can help you find a care provider, schedule well-child visits, connect with educational and community resources and more. To get started, call 1-800-599-5985, TTY 711, Monday through Friday, from 8 a.m. to 5 p.m.*

It's important to bring your baby to well-child visits, even during COVID-19. There may be special steps to take when you arrive for your appointment. Call your child's care provider before your visit. Always practice social distancing, wash your hands often and wear a mask.

*Healthy First Steps is only available to members in some states. For all other states, contact the number on your insurance card for assistance.

Most health insurance plans cover early well-child visits or provide assistance. Call the number on your insurance card for more details. If you are having a hard time getting food or are experiencing joblessness, your care provider may be able to connect you with resources that can help.