

Well-Baby Visits to the Doctor

In your baby's first year, you and your baby will be going to the doctor a lot-- for good reasons.

These trips to the doctor are called "well-baby" visits or checkups.

And they help keep your baby as healthy as possible.

During the visits, the doctor will do things like measure your baby's weight and height, look into the eyes and ears, use a stethoscope to listen to the heart and lungs, and check the belly and the genital area.

The doctor may want to test reflexes and watch how your baby moves their arms and legs.

And the doctor will also be looking to see how your baby responds to you.

This helps the doctor check your baby's social and emotional development.

Now, just so you know, your baby may need vaccines at these visits.

But you can comfort them and wipe away their tears. [baby crying] Well-baby visits are important to your baby's health.

It's okay to ask your doctor or the care team about anything that might keep you from making the appointment.

For example, if getting a ride to the appointment or getting time off from work are problems, let them know.

They may have ideas that can help.

The checkups can find small problems before they get big.

Also, catching some problems early enough can increase the chances for successful treatment.

Well-baby visits are not just good for your baby--they're good for you too.

You and your doctor can talk about your baby's health, how your baby is growing, and what your baby is doing--or not doing.

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You can also talk about how your family is adjusting to the new member of the family.

And you can ask questions.

They can be about things like how to calm your baby when they're fussy or crying, what you should be feeding your baby, or if the baby's poop is normal.

No topic is off-limits.

So if you have questions, your doctor has answers.

Remember that anytime between your well-baby visits, if you ever have any questions or concerns, you can always call your doctor.

Well-baby visits will soon become well-child visits.

It may feel odd to take a healthy child to the doctor, but just knowing that these visits are an important part of keeping your child healthy can put you more at ease.

Well-baby visits.

Good for your baby--and for your peace of mind.