**Healthy Kids Growing Up**

**Healthy eating and active living begins now**

1. **Birth**
   - Can see and hear well
   - Can move head up and down
   - Responds to own name
   - Likes to look at self in mirror

2. **3 Months**
   - Follows simple objects
   - Smiles to begets
   - Drinks from a cup
   - Drinks whole milk

3. **6 Months**
   - Sits without help
   - Drinks from a cup or bottle
   - Pulls up to a standing position

4. **9 Months**
   - Sits up with support
   - Drinks from a cup
   - Pulls up to standing
   - Hops

5. **1 Year**
   - Stands alone
   - Drinks from a cup
   - Drinks milk

6. **2 Years**
   - Drinks milk
   - Drinks from a cup
   - Drinks milk

7. **3 Years**
   - Drinks milk
   - Drinks from a cup
   - Drinks milk

8. **4 Years**
   - Drinks milk
   - Drinks from a cup
   - Drinks milk

9. **5 Years**
   - Drinks milk
   - Drinks from a cup
   - Drinks milk

10. **6 Years**
    - Drinks milk
    - Drinks from a cup
    - Drinks milk

**Checklist for Immunizations**

<table>
<thead>
<tr>
<th>Age</th>
<th>Immunization</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>Hep B</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>2 Months</td>
<td>Hep B, IPV</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>4 Months</td>
<td>PCV</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>6 Months</td>
<td>DTaP, IPV</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>12 Months</td>
<td>DTaP, IPV</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>15 Months</td>
<td>IPV, Hib</td>
<td>INFANT Windows</td>
</tr>
<tr>
<td>18 Months</td>
<td>IPV, Hib, PCV</td>
<td>INFANT Windows</td>
</tr>
</tbody>
</table>

**WIC**

For more information, visit [www.WICMaricopaCounty.gov](http://www.WICMaricopaCounty.gov).

**First Teeth First**

Provides dental screenings, fluoride varnish, education & referrals to kids 5 & younger. For more information, visit [www.FirstTeethFirst.org](http://www.FirstTeethFirst.org).

**Maricopa's First Teeth First**

Provides dental screenings, fluoride varnish, education & referrals to kids 5 & younger. For more information, visit [www.FirstTeethFirst.org](http://www.FirstTeethFirst.org).

**HealthyKids.org**

HealthyKids.org is a public health initiative of the Maricopa County Department of Public Health.

**HealthyChildren.org**

HealthyChildren.org is a public health initiative of the Maricopa County Department of Public Health.

**GetFitAZKids.org**

GetFitAZKids.org is a public health initiative of the Maricopa County Department of Public Health.

**4 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**5 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**6 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**9 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**12 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**15 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**18 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**24 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**2 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**3 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**4 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**5 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**6 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**Birth**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**1 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**2 Year Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**4 Month Well Visit**

- **DTP**
- **IPV**
- **Hib**
- **PCV**
- **HepA**

**4/15**
Growing Healthy Babies

Make Healthy Choices Before You Get Pregnant

- Take a multivitamin with folic acid
- Eat a balanced diet and stay active and fit
- Visit your health care provider for regular checkups
- See your dentist for regular exams and cleanings
- Remain up to date on your immunizations

Where to Go for Help?
- Women, Infants and Children (WIC) at 1-800-222-5543 or MaricopaWIC.com
- AZDHSS.gov/xwic - more information on the WIC program
- Visit www.AZDHSS.gov/breastfeeding
- Arizona Alliances for Community Health Centers - AACCHC.org
- Arizona Department of Health and Human Services Healthy Babies - AZDHSS.gov/baby - more information on the WIC program
- Strong Families AZ - StrongFamiliesAZ.org
- www.HealthyChildren.org
- PowerMeA2Z.org
- MarchofDimes.com

Eating Healthy For You & Your Baby

- A well-balanced diet will help you feel better and provide you with the nutrition you need.
- Visit ChooseMyPlate.gov for healthy and balanced food choices for you during your pregnancy and for your growing family.
- Vitamins are also important - your daily prenatal vitamin and don't forget to take folic acid too.
- Visit AZDHS.gov/baby or SafeSleepAZ.org to find a location near you to inspect your car seat.
- Call 1-800-833-4642 with any questions.
- Visit AZDHS.gov/azwic - nutrition and breastfeeding information and support, nutritious food, and referrals to community resources.
- Arizona Department of Health Services Healthy Babies - AZDHSS.gov/baby - more information on the WIC program
- Strong Families AZ - StrongFamiliesAZ.org
- www.HealthyChildren.org
- Visit www.PerinatalAZ.org for a 30-day supply of multivitamins with folic acid.

It All Feels New!

- Be healthy and active
- Questions about body changes
- Managing stress
- Family Planning
- 6 month dental cleanings and check-ups
- Getting a Tdap & Flu vaccine during each pregnancy
- Visit ChooseMyPlate.gov for healthy and balanced food choices for you during your pregnancy and for your growing family.
- Vitamins are also important - your daily prenatal vitamin and don't forget to take folic acid too.
- Visit PowerMeA2Z.org for a 90-day supply of multivitamins with folic acid.

Things to Think About

- It's almost time! Make sure your bag is packed and ready to go. You may need your bag as a few random articles of clothing and some toiletries.
- Set up a safe sleep nursery for your baby and visit AZDHS.gov/baby or SafeSleepAZ.org
- Child Safety Seats - visit NHTSA.gov to find a location near you to inspect your car seat.
- Child Safety Seats - visit NHTSA.gov to find a location near you to inspect your car seat.
- Breastfeeding - Call 1-800-833-4642 with any questions.
- Women, Infants and Children (WIC) at 1-800-252-5942
- MaricopaWIC.com
- AZDHS.gov/azwic - nutrition and breastfeeding information and support, nutritious food, and referrals to community resources.
- Pregnancy and Breastfeeding Hotline at 1-800-832-4642
- Arizona Department of Health and Human Services Healthy Babies - AZDHSS.gov/baby - more information on the WIC program
- Strong Families AZ - StrongFamiliesAZ.org
- www.HealthyChildren.org
- Visit www.PerinatalAZ.org for a 30-day supply of multivitamins with folic acid.
- Scan the QR code for important information and links.
- Questions like: is caffeine ok, what about pregnancy cravings, how can I manage my stress, what foods should I avoid and so much more.

Talk to Your Doctor About

- Eating healthy for you and your baby
- It all feels new!
- Things to think about
- It’s almost time!

Scan the QR code for important information and links.

Talk to Your Doctor About

Eating Healthy For You & Your Baby

- It all feels new!
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