



Follow your doctor or clinic's advice on shots, checkups, and other health concerns for your baby.

Vaccines help babies stay healthy, which may protect them from SIDS.

Why check-ups are important for baby:

- Doctors have the most up-to-date advice on how to keep your baby safe and healthy.
- Regular visits with your baby's doctor help make sure your baby is growing and developing well.
- Vaccines are given at these check-ups and help build your baby's immune system. Building your baby's immune system helps fight germs that can make baby sick.



Image source: Centers for Disease Control and Prevention

Let's Talk – Baby Check-ups

Your baby should have regular check-ups throughout the first year.

For content resources, visit: dshs.texas.gov/SafeInfantSleep



Most babies are recommended to see the doctor at:

- 3 – 5 days old
- 1 month old
- 2 months old
- 3 months old
- 6 months old
- 9 months old
- 12 months old

Your doctor may recommend more visits if needed for your baby. Talk to your doctor about what schedule to expect for your baby.

ALSO IN THIS SERIES:

Baby Behavior

Breastfeeding

Prenatal Care

Special Health Conditions



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Family & Caregiver Common Questions

It seems more important to take my baby to the doctor when my baby is sick. Why are check-ups or well-child visits so important?

Regular check-ups with your baby's doctor are a great way to make sure your baby is growing well and staying healthy. The doctor will check your baby's weight and measurements and give your baby vaccines recommended for baby's age. The doctor will also ask about how your baby plays, learns, speaks, and moves.

This is also a good time to share any questions or concerns you might have on your baby's feeding, learning, or growing.

Your baby may qualify for services or help with delays in growth, speech, or learning. Check out the Let's Talk - Community Resources guide for more information.

I've heard that vaccines can cause SIDS. Is that true?

No, the CDC reports that multiple research studies and safety reviews have examined possible links between vaccines and SIDS. The evidence accumulated over many years does not show any links between childhood immunization and SIDS.

Babies receive multiple vaccines when they are between two to four months old. This age range is also the peak age for SIDS. The timing of the shots has led some people to question if there is a relation between SIDS and vaccines. However, studies have found that vaccines do not cause and are not linked to SIDS.

Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

What are the common side effects of vaccines?

Most vaccine side effects are very minor. It is possible your baby may have mild side effects like low fever, sleepiness, fussiness, or pain or swelling at the spot she received the vaccine. These mild reactions usually go away on their own in a few days. Serious side effects are extremely rare.

If your baby has any reactions that concern you or you have questions, call your baby's doctor.

I've heard that vaccines can cause autism. Is that true?

No. Experts from around the world and leading health organizations such as the American Academy of Pediatrics (AAP), the Centers for Disease Control and Prevention (CDC), and the National Academy of Medicine have found no link between vaccines and autism. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Millions of children safely receive vaccines each year.



Image source: Centers for Disease Control and Prevention

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