



# PODCAST FREEBIE

## What To Ask Your Doctor

As talked about on All Things Sensory Podcast, Episode #145:  
Your Guide to Navigating the Pediatrician's Office.

Take this handout into the pediatricians office with you!

*Listen to your gut, if you feel like something isn't right, speak up and ask for a referral!  
You have the right to a second opinion!*

### 3 MONTH CHECKUP - CHECKLIST

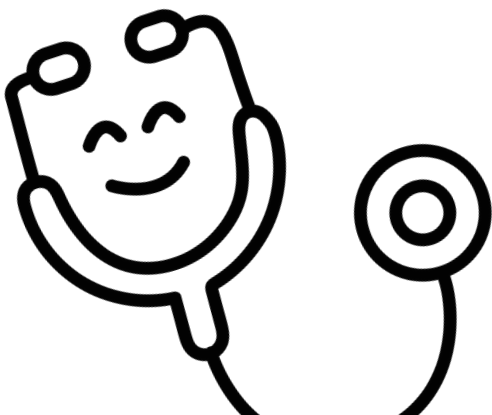
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- Torticollis
- Head shape
- Family history of autoimmune disorders
- Tummy time
- Latching, breastfeeding, bottle feeding
- Tongue tie / lip tie
- Bringing hands to midline
- Visually tracking items with both eyes
- Mouthing objects and hands
- Reaching for toys / items

### 6 MONTH CHECKUP - CHECKLIST

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- Weight gain
- Babbling - sounds "m" and "b" as well as imitating sounds
- Eye contact
- Sleep changes
- Starting solids
- History of allergies
- Developmental milestones
  - Sitting with support
  - Rolling in both directions
  - Pivoting on tummy in both directions
- Content most of the time
- Imitating facial expressions



## 9 MONTH CHECKUP - CHECKLIST

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- Crawling on all fours in a typical pattern (not with one leg up or scooting on the bum!)
- Pulling to stand
- Cruising along furniture
- Pincer grasp development
- Making / imitating sounds such as "mamama" and "dadada"
- Recognizes name and the word "no"
- Pointing to objects in the environment
- Plays peekaboo
- Transfers toys from one hand to another
- Recognizes familiar faces
- Tolerating a variety of sensory input: textures, sounds, visuals, etc. (No adverse reactions)

## 1 YEAR CHECKUP - CHECKLIST

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- Primitive reflex check
- Walking or showing signs of being ready to walk
- Standing without help
- Eating and engaging with a variety of foods and textures
- Shows fear, becomes upset when main caregiver leaves
- Assisting with dressing
- Imitating words
- Imitating gestures like waving
- Engages in container play - taking items in / out
- Pointing with index finger
- Plays hide-and-seek type games - looking for objects that you hide