



YOUTUBE FREEBIE

What To Ask Your Doctor Checklist

Take this handout into the pediatricians
office with you!

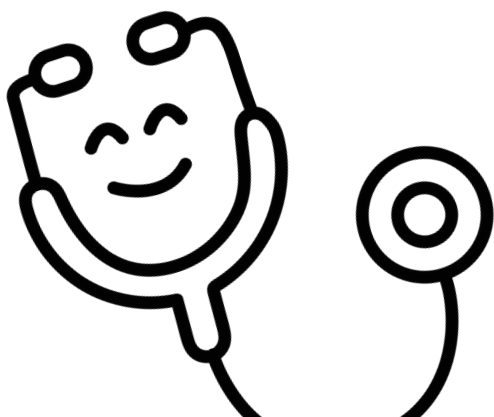
Listen to your gut, if you feel like something isn't right, speak up and ask for a referral! You have the right to a second opinion!

3 MONTH CHECKUP - CHECKLIST

- ☐ 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

- ☐ 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

- ☐ 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

- ☐ 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