



West Virginia HealthCheck

1 Month Visit

What to Expect at the 1 Month Visit

At the 1 month visit, expect your health care provider to focus on you and your adjustment to your new baby. Some questions your provider may ask include:

- How are things going for you and your baby?
- What is your baby's routine and schedule for feeding and sleeping?
- How is your family adjusting to the new baby?

- Your baby's length and weight along with **head circumference** will be measured.
- Your baby will have a complete head-to-toe physical examination.
- Your provider will talk with you about your baby's social, emotional and physical development and what to expect over the next month.
- A risk screen to determine your baby's risk for **tuberculosis** will be completed.
- Throughout the visit, you will have opportunities to talk with your provider about questions and concerns you may have about your baby.
- In addition, your provider will give you information on how to take care of yourself and your new baby.

Preventive Care Tips: Growth Measurements

At the beginning of each checkup, your provider will measure your baby's length, weight, and head circumference. These measurements will then be plotted on a growth chart. Growth charts are tools that your provider uses to evaluate and keep track of your baby's physical growth.

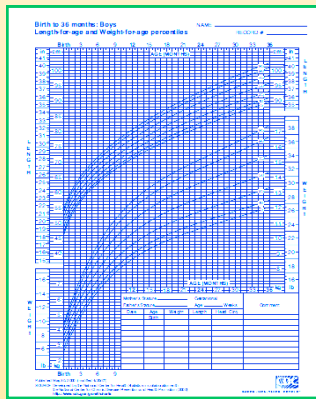
Using the growth chart, your provider will tell you the percentiles your baby is in. Percentiles compare your baby's growth to other children of the same age and sex. For example, if your son is in the 75th percentile for weight, that means the majority of boys his age in the US weigh the same or less than he does and only a small number weigh more.

Parents sometimes worry needlessly about these percentages. Remember that your baby is an individual and will develop at his own pace. These measurements are a general guide to help you and your provider assess your baby's growth. What's important is that your baby's growth curve, as it's plotted on the chart, is progressing.

More About Head Circumference:

To measure your baby's head, your provider will place a flexible measuring tape where his head has the largest circumference.

Why does it matter what size your baby's head is? Your baby's brain growth is reflected in the size of his skull. So if your baby's brain isn't growing and developing normally, his head circumference may not be increasing as it should. On the other hand, if your baby's head circumference grows too quickly, it may be a sign of a problem. Both conditions are unlikely but important to rule out.



What To Expect At The 2 Month Visit

- Your provider will talk with you about your baby's development and what to expect over the next two months.
- Your baby will receive one or more immunizations.

West Virginia HealthCheck Program

1-800-642-9704

www.dhhr.wv.gov/healthcheck

Transportation Assistance

Contact MTM to schedule a ride

1-844-549-8353

www.mtm-inc.net/west-virginia