

Immunizations

Immunizations save lives. Protect your child at all ages. Diseases like measles, polio, and whooping cough (pertussis) still exist. Immunizations protect children and adults from these and other serious but preventable diseases. Ask your health care provider at every checkup to make sure that all immunizations are up-to-date. To view/print the Alaska Childhood and Adolescent Immunization Schedule go to <http://www.epi.hss.state.ak.us/id/iz/schedule.pdf> For more information call the Alaska Immunization Helpline 269-8088 or toll free 888-430-4321.

Developmental Screening

The American Academy of Pediatrics® recommends that children receive developmental screenings at their well-child checkups. This screening helps your healthcare provider to detect whether your baby is learning and growing appropriately.



State of Alaska
 Department of Health and Social Services
 Division of Public Health
 Section of Women's, Children's, & Family Health
 3601 C Street, Ste. 322
 Anchorage, AK 99503



Help your
 Alaska baby reach
 their optimal health



See a healthcare provider
 for regular well-child
 checkups



Why is it important for my baby to see a provider for a well-child checkup?

It is important for your baby to see a healthcare provider when he or she is sick, but it is just as important for them to go when they are feeling fine. A well-child checkup for your baby helps to detect any problems early and keeps them up-to-date on their immunizations. Regular checkups will ensure your baby has a healthcare provider who knows them well.

What happens during a well-child checkup?

- You can ask any questions you may have
- Head to toe exam
- Assess growth and development
- Receive important childhood immunizations
- Discuss nutrition
- Assess your child's behaviors and emotions
- Vision and hearing screening
- Referrals to a specialist if needed
- Learn what to expect as your baby grows
- Safe sleep/sleep problems

When should your child have a well-child checkup?



The American Academy of Pediatrics® recommends all infants receive a well-child checkup at:

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

If your child is on Medicaid or Denali KidCare, the costs of these checkups including immunizations will be covered. Many insurance plans fully cover well child and immunization visits too.



Start now!

Some insurance plans cover the cost of a checkup with a healthcare provider for your baby before you give birth. This is the perfect time to ask any questions you have about things like breastfeeding, and immunizations. Meeting with your baby's healthcare provider during pregnancy helps to:

- Create a relationship early on
- Learn what to expect after your baby is born
- Let the provider get to know your family

Choosing the right healthcare provider for your baby

Ask for recommendations from family, friends, or co-workers

- Consider office hours and the provider's background and certifications
- Contact your health insurance carrier