



L.A. Care
HEALTH PLAN®

For A Healthy Life

**GIVE YOUR BABY
THE BEST START!**

**The right shots
at the right time.**





Do You Know How to Place a Car Seat?

Rear-Facing Car Seat - Birth to 2 years

Buckle children in a rear-facing car seat until age 2 or when they reach the upper weight or height limit of the seat.

Forward-Facing Car Seat - 2 to 5 years

When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.

What Are Vaccines (Shots)?

Vaccines are shots that help keep your baby from getting sick. Most vaccines are given as shots, but some are given by mouth. They work by helping the body fight illness. In most cases, the shots will prevent your baby from getting serious diseases.

Your baby will need shots at different times to stay healthy.

If your baby does get sick, it will most likely be a much milder case.





It's important for your baby to get the right shots at the right time. Make sure you follow the well-baby visit schedule your doctor gives you and keep track of your baby's wonderful milestones along the way.













Do Shots Cause Autism?

Studies show that shots don't cause autism. Autism rates are the same in children who get shots as in those who don't.

If you think there is a problem with the way your baby plays, learns, speaks, or acts, talk with your baby's doctor.

Developmental Milestones From Birth to 24 Months

Developmental milestones are things most babies can do by a certain age. Track and check off your baby's milestones from birth to 24 months. Talk with your doctor about your baby's development.


Birth	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	24 Months
									
Sleeps, eats and cries	More alert and responsive	Can hold head up	Can hold a toy and shake it	Begins to sit without support	Crawls	May take a few steps without holding on	Can drink from a cup	Walks alone	Kicks a ball

Recommended Vaccines From Birth to 24 Months

Birth	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	24 Months
HepB	HepB			HepB					
		RV	RV	RV				DTaP	
		DTaP	DTaP	DTaP					
		Hib	Hib	Hib	Developmental Milestone Check-in*		Hib		Developmental Milestone Check-in*
		PCV	PCV	PCV			PCV		
		IPV	IPV			IPV			
						Flu Shot/Influenza (Yearly)*			
						MMR			
						Varicella			
						HepA ⁵			



Is your family growing?
To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of your pregnancy. Talk with your doctor for more details.

 Shaded boxes indicate the vaccine can be given during shown age range.
*Talk to your child's doctor about the milestones your child has reached and what to expect next.

Well-Baby Visits From Birth to 24 Months

Keep track of your Well-Baby Visits.

Birth	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	24 Months
Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit	Doctor Visit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

* Two doses given at least four weeks apart are recommended for children ages 6 months through 8 years old who are getting an influenza vaccine for the first time and for some other children in this age group.

⁵ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months old and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high risk, should be vaccinated against HepA.



L.A. Care's *Health In Motion*[™] program offers helpful and fun health and wellness workshops in English and Spanish.

For more information, call **1.855.856.6943** (TTY **711**).



L.A. Care members can also talk to a nurse 24 hours a day, 7 days a week, at no cost.

The *Nurse Advice Line* phone number is **1.800.249.3619** (TTY **711**) and is listed on your health plan member ID card.



L.A. Care offers free health classes in the community on fitness, nutrition, and parenting at our *Family Resource Centers*.

For a location near you, call **1.877.287.6290** (TTY **711**).



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