GIVE YOUR BABY
THE BEST START!

The right shots
at the right time.
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.

Do You Know How to Place a Car 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.
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.

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.

Well-Baby Visits From Birth to 24 Months

Keep track of your Well-Baby Visits.

<table>
<thead>
<tr>
<th>Birth</th>
<th>1 Month</th>
<th>2 Months</th>
<th>4 Months</th>
<th>6 Months</th>
<th>9 Months</th>
<th>12 Months</th>
<th>15 Months</th>
<th>18 Months</th>
<th>24 Months</th>
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<tbody>
<tr>
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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 (TYY 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 (TYY 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 (TYY 711).