



# ***BABY'S FIRST YEAR***

a calendar with milestone stickers



## ***SOUTH COUNTRY MEMBER SERVICES***

***1-866-567-7242***  ***TTY 1-800-627-3529 OR 711***

***WWW.MNSCHA.ORG***



Scan QR code for Voucher Rewards



**DELFINA**



Scan QR code for Delfina access



Find the *Minnesota Child and Teen Checkups Schedule of Age-Related Screening Standards* online at:

<https://www.health.state.mn.us/people/childreneyouth/ctc/factsheets.html>



Find the recommended immunizations for Birth through 6 years old:

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx>

The background is a vibrant underwater scene. It features various sea creatures including a grey stingray, a blue crab, a blue pufferfish, a red starfish, and several blue seahorses. There are also many blue fish of different sizes, some swimming in schools. The water is filled with light blue and white bubbles. The overall color palette is dominated by blues, greens, and purples, with some warmer tones like orange and red from the crab and starfish.

# ***BABY'S FIRST YEAR***

a calendar with milestone stickers

Fill in the calendar to match the month your baby is born. You can check each Development and Milestones to track baby's progress.

You can find stickers in the back of this calendar to mark important dates and milestones.

Baby's First Year #7380 © 2025 South Country Health Alliance

**Disclaimer:** This educational content in this calendar is not medical or diagnostic advice. Each child develops at their own pace. If you have any questions or concerns, follow-up with your child's Primary Care Provider.



# HAPPY BIRTHDAY!

Welcome Date: \_\_\_\_\_ Time: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Eye Color: \_\_\_\_\_

Hair Color: \_\_\_\_\_

Location: \_\_\_\_\_

Delivery Doctor: \_\_\_\_\_



 Schedule your baby's first Well-Check visit within baby's 1st month of life



MONTH: \_\_\_\_\_

YEAR \_\_\_\_\_

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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### ***DEVELOPMENT AND MILESTONES***

- Calms when picked up or spoken to
- Looks briefly at objects
- Alerts to unexpected sound
- Makes brief short vowel sounds
- Holds chin up when laying on tummy
- Holds fingers more open at rest



**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_





## ***DEVELOPMENT AND MILESTONES***

- Smiles responsively
- Vocalizes with simple cooing
- Lifts head and chest in when laying on tummy
- Opens and shuts hands

 **Schedule baby's Second Well-Check Visit and recommended vaccinations this month**

**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_





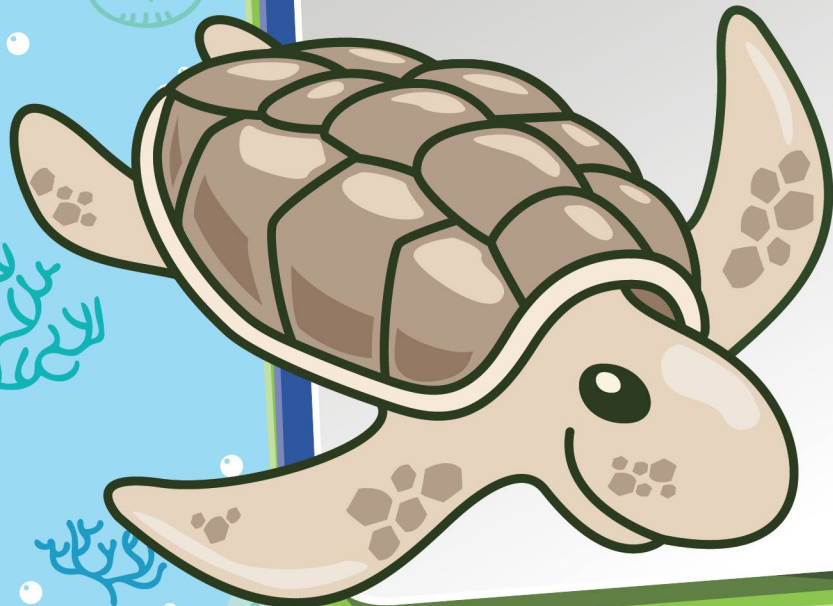
**PLACE  
PHOTO  
HERE**

## ***INFANT WELL-CARE VISITS***

Well-care visits, also known as Child & Teen Checkups (C&TC exams) are important, even when children are healthy. Your child's primary care provider will evaluate your child's general health, growth, development, and will also provide your child with any needed medical services.

**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_







## *DEVELOPMENT AND MILESTONES*

- Laughs aloud
- Turns to voice
- Vocalizes with extended cooing
- Rolls over to from tummy to back
- Supports on elbows and wrists when laying on tummy
- Keeps hands unfisted
- Plays with fingers
- Grasps objects

 **Schedule Baby's 3rd Well-Check Visit and recommended vaccinations this month**

**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_





***BABIES ARE LIKE LITTLE SUNS THAT, IN A MAGICAL WAY, BRING WARMTH, HAPPINESS AND LIGHT INTO OUR LIVES***

**New things baby learned to do this month:**

**Baby's sleeping habits:**

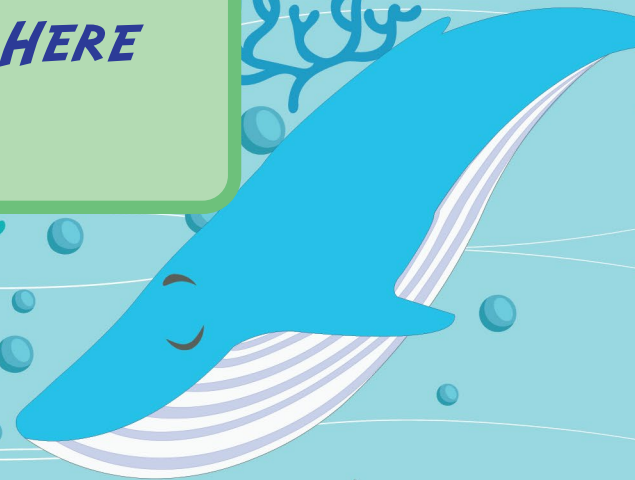
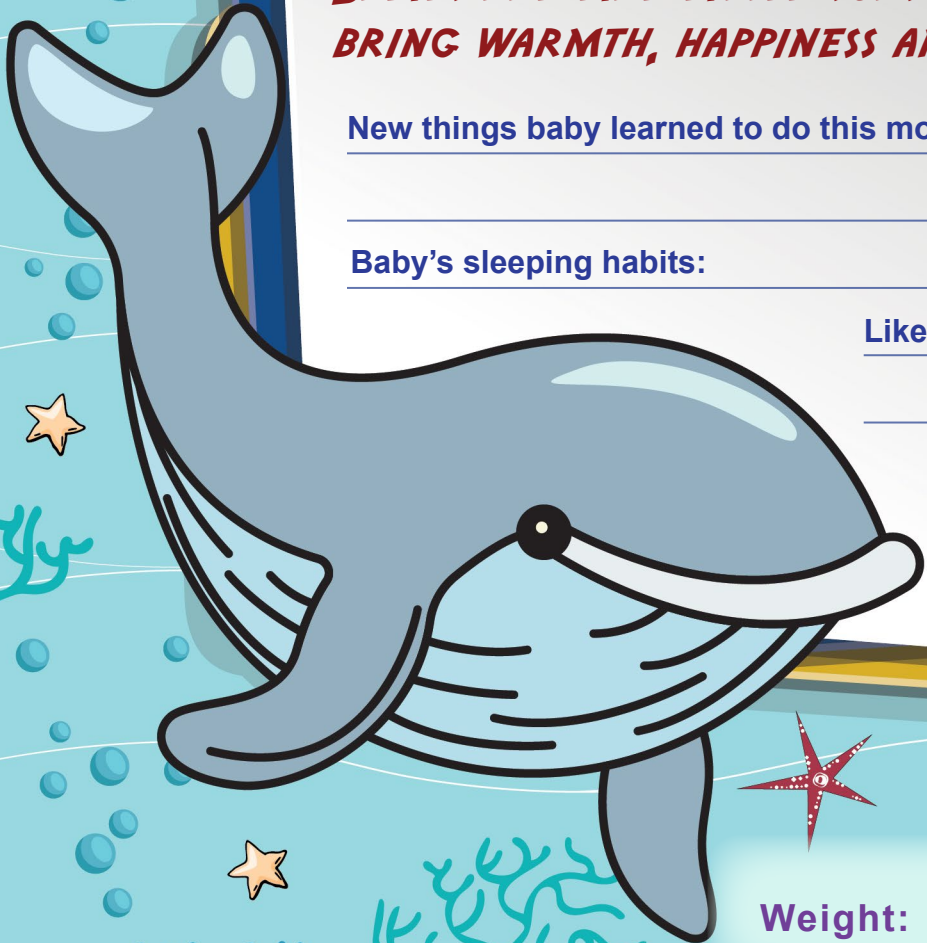
**Likes:**

**Dislikes:**



**Weight:**

**Length:**







## ***DEVELOPMENT AND MILESTONES***

- Pats or smiles at reflection
- Begins to turn when name is called
- Babbles
- Rolls over from back to tummy
- Sits briefly without support
- Reaches for objects
- Bangs small object on surfaces



**Schedule Baby's 4th Well-Check Visit and recommended vaccinations this month**

**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_





**PLACE  
PHOTO  
HERE**

**New things baby learned  
to do this month:**

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**Likes:**

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**Dislikes:**

**Notes to bring to next appointment:**

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**Weight:**

**Length:**

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***CHILDREN ARE THE ANCHORS THAT HOLD  
A PARENT TO LIFE***

**New experiences baby's had this month:**

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**Baby's personality:**

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**Something cute baby did this month:**

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**Weight:**

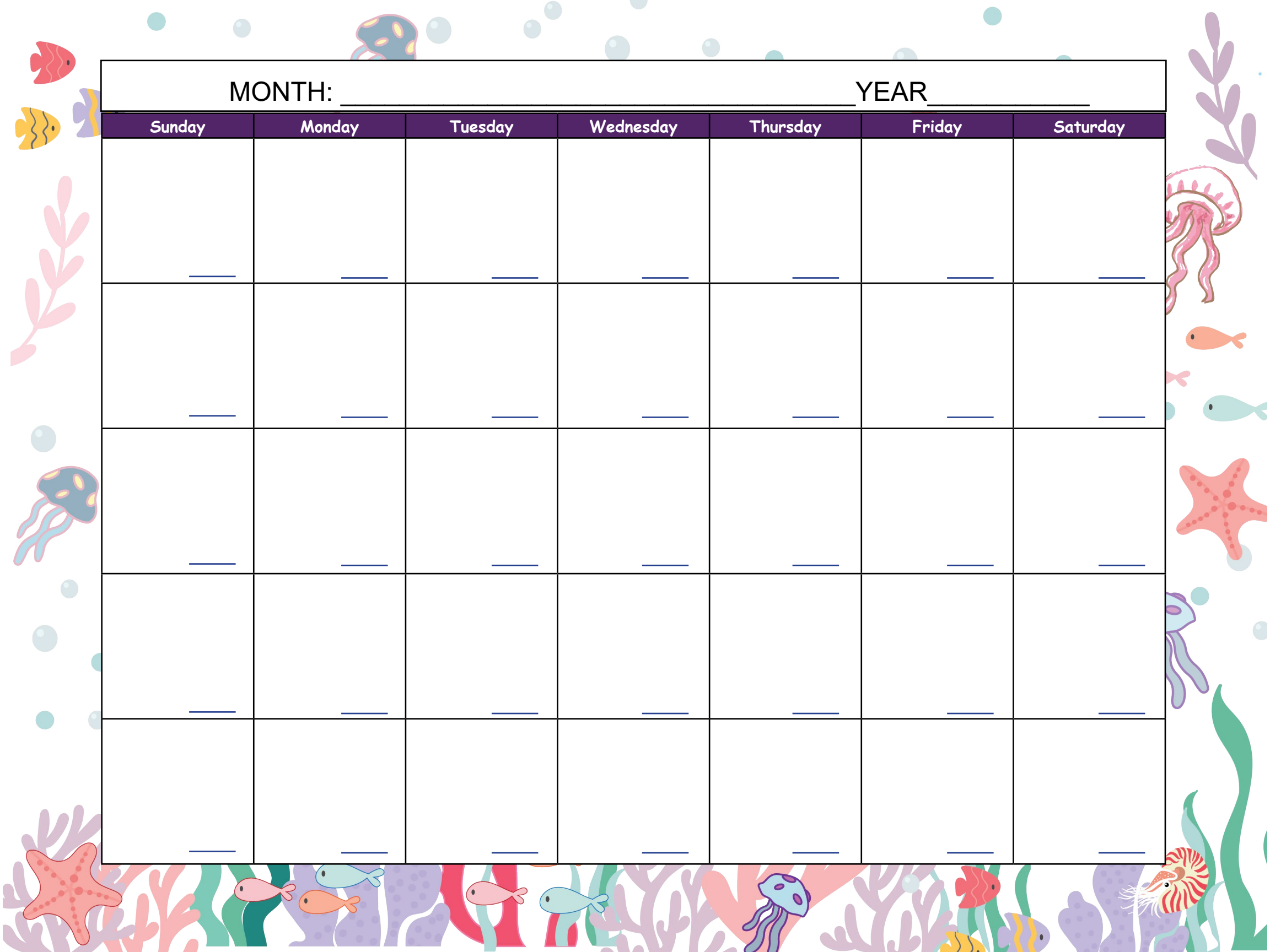
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**Length:**



MONTH: \_\_\_\_\_ YEAR \_\_\_\_\_


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____





## ***DEVELOPMENT AND MILESTONES***

- Picks up small objects with 3 fingers and thumb
- Looks for dropped objects
- Picks up food with fingers and eats it
- Transitions between sitting and lying
  - Turns when name is called
  - Sits well without support
  - Bangs objects together
  - Balances on hands and knees
  - Pulls to stand
  - Crawls

 Schedule baby's 5th Well-Check Visit and recommended vaccinations this month

***PLACE  
PHOTO  
HERE***

**Weight:** \_\_\_\_\_

**Length:** \_\_\_\_\_







**PLACE  
PHOTO  
HERE**



**New things baby learned  
to do this month:**

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**Likes:**

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**Dislikes:**

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**Notes to bring to next appointment:**

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**Weight:**

**Length:**

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**PLACE  
PHOTO  
HERE**



***THE LITTLEST FEET MAKE THE BIGGEST  
FOOTPRINTS IN OUR HEARTS***

**New experiences baby's had this month:**

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**Baby's personality:**

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**Something cute baby did this month:**

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**Weight:**

**Length:**

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# HAPPY BIRTHDAY!



## IMPORTANT HEALTH INFORMATION:

### LEAD TESTING

Lead, a substance toxic to the body, is sometimes found in dust, water, food, and paint. Lead poisoning can affect your child's health by causing permanent problems in growth and development.

All children are encouraged to have a quick and simple blood lead test by 9 months of age and then again by 30 months of age.

A hemoglobin test for anemia is usually done at the same time as lead testing at 12 months.

Lead testing can be completed at your primary care clinic, or your local county public health office.

If you need help finding a provider, call Member Services at 1-866-567-7242, TTY 1-800-627-3529 or 711.



**Schedule baby's 6th Well-Check Visit, recommended vaccinations, and Lead Testing this month.**

**Weight:** \_\_\_\_\_

**Height:** \_\_\_\_\_





NO ENGLISH



1-866-567-7242

TRS: 711

ATTENTION: If you speak English, free language assistance services are available to you free of charge and without unnecessary delay. Additionally, appropriate auxiliary aids and services to provide information in accessible formats are available free of charge and in a timely manner. Please call the number above or speak to your provider. English

ማህበረሰብ:- አማርኛ ተናጋሪ ከሆኑ ፤ ነጻ የቋንቋ ድጋፍ አገልግሎቶች ካለምንም ክፍያ አና ካለአላስፈላጊ መዘግየት ግግኙን ይቸላሉ። በተጨማሪም መረጃን በቀላሉ ለማግኘት በሚያስችል ቅርጾች ለማቅረብ ተገቢ የሆኑ የመሳሰሉት ድጋፍ አና አገልግሎቶች ከክፍያ ነጻ በሆነ አና ግዜውን በጠበቀ መልኩ ግግኙን ይቸላሉ። አብከዎ ከላይ ባለው ቁጥር ይደውሉ ወይም አቅራቢዎን ያነጋግሩ። Amharic

تنبيه: نقدم لمستخدمي اللغة العربية خدمات مساعدة لغوية مجانية وحرية، بالإضافة إلى وسائل وخدمات مساعدة مناسبة، وبصيغة معلومات سهلة بدون تكلفة وبشكل سريع. يرجى التواصل على الرقم الموضح أعلاه أو مراجعة مقدم الخدمة المباشر. Arabic

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာဘာသာစကား ပြောဆိုသူဖြစ်လျှင် အခမဲ့ ဘာသာစကားဆိုင်ရာ ပံ့ပိုးထောက်ပံ့ပေးမှု ဝန်ဆောင်မှုများအား မလိုအပ်သည့် နှောင့်နှေးကြန့်ကြာမှုများ မရှိစေဘဲ သင် အခမဲ့ ရရှိနိုင်မည် ဖြစ်သည်။ ထို့ပြင် အချက်အလက်များအား အလွယ်တကူ ဝင်ရောက်ရယူနိုင်စေသော ဖောမတ်ပုံစံများဖြင့် ထောက်ပံ့ပေးထားသည့် သက်ဆိုင်ရာ ဖြည့်စွက် ထောက်ပံ့မှုများနှင့် ဝန်ဆောင်မှုများကိုလည်း အခမဲ့ အချိန်မ ရရှိနိုင်စေရန် စီမံပေးထားပါသည်။ ကျေးဇူးပြုပြီး အထက်ဖော်ပြပါ ဖုန်းနံပါတ်သို့ ခေါ်ဆိုပါ သို့မဟုတ် သင်၏ ထောက်ပံ့သူဖြင့် ပြောဆိုဆွေးနွေးပါ။ မြန်မာဘာသာစကား: Burmese

យកចិត្តទុកដាក់: ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ (ខ្មែរ) សេវាកម្មជំនួយភាសាកិតិសិទ្ធិមានផ្តល់ជូនអ្នកដោយមិនគិតថ្លៃ និងដោយគ្មានការពន្យារពេលមិនចាំបាច់ឡើយ។ លើសពីនេះ ជំនួយ និងសេវាកម្មដែលសមស្របក្នុងការផ្តល់ព័ត៌មានក្នុង ទម្រង់ដែលអាចចូលប្រើបានគឺអាចមានដោយឥតគិតថ្លៃ និងទានពេលវេលា។ សូមហៅទូរស័ព្ទទៅលេខខាងលើ ឬនិយាយជាមួយអ្នកផ្តល់សេវារបស់អ្នក។ ភាសាខ្មែរ (ខ្មែរ) Cambodian (Khmer)

注意: 如果您說簡體中文，您可以免費獲得語言協助服務，且不會有不必要的延誤。此外，還能免費及時獲取以無障礙格式提供資訊的適當輔助工具和服務。請撥打上面的電話號碼，或與您的服務提供商溝通。 Cantonese (Traditional Chinese)

ATTENTION : Si vous parlez français, des services d'assistance linguistique gratuits sont à votre disposition, sans frais et sans délai. En outre, des aides et services auxiliaires appropriés pouvant fournir des informations dans des formats accessibles sont disponibles gratuitement et rapidement. Veuillez appeler le numéro ci-dessus ou contacter votre fournisseur. French

CEEB TOOM: Yog koj hais lus Hmoob, muaj kev pab txhais lus dawb rau koj siv. Koj tsis tas them nqi thiab yuav tsis qeeb. Kuj muaj cuab yeej thiab kev pab los pab koj nyem cov ntaub ntauv kom yooj yim nkag siab. Koj hu tau rau tus xov tooj saum koj no lossis mrog koj tus kws kho mob tham.

Hmong



ဟ်သ့ၣ်ဟ်သး- နမ့ၢ်ကတိၤကညိၣ်ကျိၣ်အသိ, နမ့ၢ်န့ၣ် ကျိၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤ လၢတလၢၣ်ဘၣ်လၢၣ်စ့ၤ ဒီးတအိၣ်ဒီး တၢ်မၤဟံၣ်မၤန့ၢ်လးဘၣ်န့ၣ်လီၤ. အါန့ၢ်အန့ၣ်, တၢ်အိၣ်စ့ၢ်ကိးဒီး တၢ်မၤစၢၤတၢ်န့ၢ်ဟ့ၣ်ဒီး တၢ်မၤစၢၤတၢ်မၤတဖၣ် လၢကဟ့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ လၢပုၤအါဂၤန့ၢ်ပၢ်အီၤသ့ လၢတအိၣ်ဒီးအဘူးအလဲ ဒီးချူးဆၢချူးကတိၢ်န့ၣ်လီၤ. ဝံသးစ့ၤ ကိးန့ၣ်ဂံၢ်လၢထး မ့တမ့ၢ် တံသကိးတၢ်ဒီး ပုၤလၢအဟ့ၣ်န့ၢ်တၢ်မၤစၢၤ တက့ၢ်. ကညိၣ်ကျိၣ် Karen

안내: 한국어를 사용하지는 본개는 언어 지원 서비스를 무료로, 지체 없이 제공해 드립니다. 또한, 정보 접근성을 위한 적절한 보조 기구 및 서비스가 무료로, 시의 적절하게 제공됩니다. 위에 있는 번호로 전화하시거나 담당자에게 말씀해 주십시오. Korean

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານຈະໄດ້ຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ຢູ່ເສຍຄ່າ ແລະ ບໍ່ມີກຽມຊົກຊ້າ ທີ່ບໍ່ຈຳເປັນ. ນອກຈາກນັ້ນ, ເຄື່ອງມືຊ່ວຍເຫຼືອແລະ ບໍລິການເສີມທັ້ນເພາະສົມເພື່ອໃຫ້ຂໍ້ມູນໃນຮູບແບບທີ່ເຂົາເຈົ້າໄດ້ ໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍ ແລະ ທັນເວນາ. ກະລຸນາໃຫ້ທາເວີໂທລະສັບຂ້າງເທິງ ຫຼື ສົນທະນາກັບຜູ້ໃຫ້ບໍລິການຂອງທ່ານ.

Lao

НУВАДНАА: Уоо Афаан Ороммо дуббату та'е, тајаајіла гарагаарса турјумаана афаани биліссаан аккасумас туртіи барбаачісаа һин таане һамбісу данда'и іsinіif dhihaatee jira. Dabalakaanis, odeffannoo haala salphaan argamuu danda'an dhiyeessuuf gargaarsa fi tajaajiloota deeggarsaa qama midhamtootaaf mijatoo ta'an. kaffaliti tokko malee fi yeroo isaa eeggatee kennamu dhihaatee jira. Odeffanno dabalataaf lakkoofsa argmaan oliitii fauuyadamuun namoota gargaarsa kana isiniif kennan qumama. Oromo

ВНИМАНИЕ: Если вы разговариваете на русском языке, воспользуйтесь услугами языковой поддержки бесплатно и без лишних проволочек. Также бесплатно и незамедлительно предоставляются соответствующие вспомогательные средства и услуги по обеспечению информацией в доступных форматах. Позвоните по указанному выше номеру или обратитесь к своему поставщику услуг. Russian

FIRO GAAR AH: Haddii aad ku hadasho Soomaali, waxaa si bilaash ah kuugu diyaar ah adeegyada caawinada luuqadeed oo aan lahayn daahitaan aan munaasib ahayn. Intaas waxaa dheer, waxaa la heli karaa adeegyada iyo kaabitaan ka naafada ee haboon si macluumaadka loogu bixiyo qaabab la adeegsan karo oo bilaash ah laguma bixiyo waqdigeeda. Fadlan wac lambararka kore ama la hadal adeegbixiyahaaga. Somali

ATENCIÓN: si habla español, tiene a su disposición los servicios gratuitos de traducción sin costo alguno y sin demoras innecesarias. Además, se encuentran disponibles de forma gratuita y oportuna ayuda y servicios auxiliares adecuados con el fin de brindarle información en formatos accesibles. Llame al número indicado anteriormente o hable con su proveedor. Spanish

LƯU Ý: Nếu bạn nói tiếng Việt, bạn có thể được hỗ trợ nguồn ngữ miễn phí mà không phải chờ đợi lâu. Ngoài ra, các thiết bị hỗ trợ và dịch vụ phù hợp để cung cấp thông tin ở định dạng dễ tiếp cận cũng có sẵn miễn phí và kịp thời. Vui lòng gọi số điện thoại phía trên hoặc trao đổi với nhân viên y tế của bạn. Vietnamese

## ***REFERENCES***

MN C&TC Schedule of Age Related Screening Standards from DHS-3379-ENG 10-21:  
<https://www.health.state.mn.us/people/childrenyouth/ctc/factsheets.html>

Infancy Tools (aap.org):  
<https://brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/Infancy-Tools.aspx>



### ***MEMBER SERVICES***

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