

Oklahoma  
**Health Care**  
Authority

**Child Health  
Checkup  
Guide**



**Sooner**

**Care**

Oklahoma Health Care Authority

# Quick Reference Guide Information

**This Guide Belongs To:**

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**My Child's Doctor's Name:**

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**The Doctor's Phone Number:**

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**My Child's SoonerCare Card Number:**

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**REMEMBER TO RENEW Renewal Date:**

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**Remember  
4Renew**

**Update your status at [www.mysoonerCare.org](http://www.mysoonerCare.org)**

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# SoonerCare

## Child Health Services

Child health services provide medical, vision, hearing and dental checkups for babies, children and teens with SoonerCare coverage. Routine checkups are important for children's health.

### Why are health checkups important?

- Allows time for you, your child and your child's doctor to get to know one another.
- Helps you teach your child that regular checkups are important to stay healthy.
- Your doctor can find health problems early.
- You and the doctor can make sure your child gets needed services at the right time.
- You and your doctor can discuss the plan of care.

### When should my child get a health checkup?

Regular health checkups are important for all children from birth through age 20.

**Children who have SoonerCare need to get their child health checkups at the ages listed below:**

- |   |  |                                   |
|---|--|-----------------------------------|
| <input type="checkbox"/> Birth              | <input type="checkbox"/> 18 months           | <input type="checkbox"/> 8 years  |
| <input type="checkbox"/> 1 month            | <input type="checkbox"/> 24 months (2 years) | <input type="checkbox"/> 10 years |
| <input type="checkbox"/> 2 months           | <input type="checkbox"/> 3 years             | <input type="checkbox"/> 12 years |
| <input type="checkbox"/> 4 months           | <input type="checkbox"/> 4 years             | <input type="checkbox"/> 14 years |
| <input type="checkbox"/> 6 months           | <input type="checkbox"/> 5 years             | <input type="checkbox"/> 16 years |
| <input type="checkbox"/> 9 months           | <input type="checkbox"/> 6 years             | <input type="checkbox"/> 18 years |
| <input type="checkbox"/> 12 months (1 year) |  | <input type="checkbox"/> 20 years |

**Your doctor may suggest additional visits.  
These visits will still be FREE.**

# What Will a Child Health Checkup Include?

At each child health checkup, your child's doctor will talk with you and check your child from head to toe. The checkup will include:

- Time to discuss any questions you have about how your child is growing and developing
- Time to talk about how things are going for you as a parent
- Health history
- Growth measurements
- Developmental and behavioral check
- At every checkup, the doctor will ask how you think your child is learning. You may need to fill out a form about new things your child is learning to do.
- Health education and information on things like:
  - Keeping your child and family healthy and safe
  - Preventing injury and violence
  - Healthy sleep habits
  - Healthy nutrition
  - Vision, hearing and dental screens at some ages
  - Shots (immunizations)
  - Lab tests (if needed)
  - Lead testing (at 12 and 24 months)
    - ★ And any age up to six years if there is no record of your child having a lead test in the past.

## Why should my child have a blood lead test?

Lead exists in places you would not expect. Too much lead can damage a child's body and brain causing permanent health, behavioral and learning problems.

## How do children get lead poisoning?

- Breathing in or swallowing lead dust or paint chips from old paint.
- Breathing in or swallowing dust while playing in dirt that has lead in it (even if you don't think the dirt has lead in it).
- Chewing on toys or other things that have lead in them.
- Eating foods cooked or kept in dishes made with lead.

### How can I tell if my child has lead poisoning?

A blood test is the **only** way to know.

# Immunizations (shots)

## When and why should my child receive shots?

Children need shots to help their body fight disease.

- Immunizations or “shots” are important to keep your child healthy.
- Shots are given according to a recommended schedule (available at <http://www.cdc.gov/vaccines/>).
- If you are not sure your child has received all of their recommended shots, talk with your doctor.
- Remember to take your child’s current shot record to each well-child appointment.



**All childhood shots are covered under SoonerCare.**

# Your child's development as an infant and toddler

During infancy and early childhood, children grow fast. Not only is your child's body growing, but the brain will be 90 percent developed by age three.

One of the ways the doctor checks your child's health is to take growth measurements. This will be done at each child health checkup.

Take this booklet with you to your doctor appointment. Use the chart below to track how your child is growing.

Date	Age	Weight	Length	Height	Head Size*	BMI**
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\*Head size is measured from birth up to age 2. If you and your child's doctor are watching your child's growth or development more closely, he or she may choose to measure your child's head growth after age two for a while.

\*\*Body Mass Index (BMI) is used to check if your child is underweight, overweight or has a risk of being overweight. Ask your doctor about your child's BMI.

# Your Child's Development as an Infant and Toddler

Every child grows and learns new things at different ages. No two children are exactly alike! Regular screenings and health checkups will pick up any problems or developmental delays early. This is when they are easiest to treat.

**Communication:** Did you know babies can see and hear, even before they are born? Your newborn can even “tell” you things. Of course, they can't use words yet, but they use body movements, head turning, looks on their face, fussing, crying and falling asleep to let you know how they are feeling.

It is important to talk to your child. Even though they may not understand what you are saying - listening to you talk helps them learn to talk. Here are some ideas for talking to your child:

- Sing to your baby/child
- Repeat the noises they make
- Talk about things your baby can see, hear or touch  
(Example: “Baby, look! A teddy bear! See how he feels soft and smooth!”)
- Read to your child every day
- Praise your child when they try to talk

**You cannot spoil a baby by picking them up too often.**

When you pick up your baby to comfort them, this teaches them that they are an important person.

**Hearing:** Did you know hearing is so important for communication development? Your baby should have had a hearing test in the hospital when they were born. If your baby does not react to loud noises, make sure you tell their doctor.

**Vision:** Right after birth, your baby will keep their eyes tightly shut most of the time. When they do open them, they will only be able to see things close to them (like your face when you hold them close).

As your baby gets a little older, they will keep their eyes open longer and begin to see more clearly. Babies cross their eyes until they are about four months old. If your baby still crosses his or her eyes after four months or you think they do not see well, make sure you tell their doctor.



# Developmental Milestones

Developmental milestones are the things your children demonstrate that help you understand how they are learning and changing. Remember, if your baby was born early, they may do some of the expected things at a later age.

**Motor milestones** tell you about your child's physical skills.

**Gross motor milestones** show up as your baby or child learns to use their legs and feet and to coordinate moving their body. Examples of this would be sitting or walking.

**Fine motor milestones** happen as your child learns to use their hands. For example, they can pick up a small toy with their thumb and first finger or can zip a zipper.

**If you think your child is not developing like other children at their age, make sure to talk to your child's doctor.**

**Use the lists of milestones to write down when your child starts doing these things. This will help your doctor check your child's progress.**

Developmental Milestones in the FIRST Year	Age my child did this	Mark the box below for questions
<b>Between 2 weeks and 2-3 months old</b>	At next visit, ask:	
• Tries to lift head up when on tummy		<input type="checkbox"/>
• Moves both arms and kicks with both legs		<input type="checkbox"/>
• Looks at my face when being held		<input type="checkbox"/>
• Pays attention to my voice		<input type="checkbox"/>
• Tells me when needs something by fussing or crying		<input type="checkbox"/>
• Hears sounds (quiets, cries, blinks or startles with noises)		<input type="checkbox"/>

<b>From 4-6 months old</b>	At next visit, ask:	
• Lifts head and shoulders up when on tummy		<input type="checkbox"/>
• Holds own hands and feet when on back		<input type="checkbox"/>
• Tries to roll over on their own; by six months, can roll over		<input type="checkbox"/>
• Holds small toys in hands (likes ones that make noise)		<input type="checkbox"/>
• Tries to pass toys from one hand to the other		<input type="checkbox"/>
• Smiles when I talk		<input type="checkbox"/>
• Makes sounds like “aaaa” and “oooo” like I talk to them		<input type="checkbox"/>
• Likes to cuddle and snuggle with me; likes to be held		<input type="checkbox"/>
• Fusses or cries when not happy		<input type="checkbox"/>

<b>From 6-9 months old</b>	At next visit, ask:	
• Holds head and chest up when on tummy		<input type="checkbox"/>
• Reaches for something (a toy or other things)		<input type="checkbox"/>
• Puts toys in mouth; begins to use hands to eat soft foods		<input type="checkbox"/>
• Can sit up with some help and then alone with no help		<input type="checkbox"/>
• Says things like “ma-ma-ma,” “da-da-da” or “ba-ba-ba”		<input type="checkbox"/>
• May get scared or act shy around strangers		<input type="checkbox"/>

<b>From 9-12 months (9 months to 1 year old)</b>	At next visit, ask:	
• Can stand up with help; then walks holding on to furniture		<input type="checkbox"/>
• Holds a toy in each hand and bangs them together		<input type="checkbox"/>
• Picks up small toys with fist, then with thumb and finger		<input type="checkbox"/>

• Begins picking up food and feeding themselves	<input type="checkbox"/>
• Can hold a cup and drink from it	<input type="checkbox"/>
• Can say one word like “ma-ma” or “da-da” or “ba-ba”	<input type="checkbox"/>
• Plays pat-a-cake and peek-a-boo	<input type="checkbox"/>
• Copies noises I make, then waits for me to copy the noises back	<input type="checkbox"/>
• Begins to point at things	<input type="checkbox"/>
• Later, points at things and looks back at me to see if I looked	<input type="checkbox"/>
• Waves bye-bye or reaches up so I will pick him/her up	<input type="checkbox"/>
• Sleeps through the night, takes 2-3 naps each day	<input type="checkbox"/>

<b>Developmental Milestones From 1-4 Years Old</b>	Age my child did this	Mark the box below for questions
<b>From 12–18 months (1-1½ years old)</b>	At our next visit, ask	
• Walks well; climbs stairs with help		<input type="checkbox"/>
• Begins to follow simple directions		<input type="checkbox"/>
• Says new words (3-10 words by 15 months; 15 - 20 by 18 months)		<input type="checkbox"/>
• Can point to eyes, ears or nose when I ask		<input type="checkbox"/>
• Enjoys copying grown-ups (sweeping, cleaning dishes)		<input type="checkbox"/>
• Enjoys tickle game and peek-a-boo		<input type="checkbox"/>
• Lets me brush teeth		<input type="checkbox"/>
• Sleeps through the night, takes 1-2 naps every day		<input type="checkbox"/>
• May have tantrums sometimes		<input type="checkbox"/>

From 18-24 months (1½-2 years old)	At next visit, ask:	
• Learns to kick and throw a ball		<input type="checkbox"/>
• Can use a cup, spoon and fork		<input type="checkbox"/>
• Knows about 50 words by age 2		<input type="checkbox"/>
• By age 2, uses 2 words together (“drink milk” or “go bye-bye”)		<input type="checkbox"/>
• Follows 2-step directions (“go to your room and get your shoes”)		<input type="checkbox"/>
• Enjoys playing tickle game and giggles when we play “chase”		<input type="checkbox"/>
• Lets me brush teeth		<input type="checkbox"/>
• Sleeps through the night, takes 1-2 naps every day		<input type="checkbox"/>
• May have tantrums		<input type="checkbox"/>
• Will pretend to feed a doll or stuffed animal		<input type="checkbox"/>
• Will go up to other children; mostly plays side by side with them		<input type="checkbox"/>

From 24-36 months (2-3 years old)	At next visit, ask:	
• By age 3, can pedal a tricycle		<input type="checkbox"/>
• Enjoys drawing lines and scribbling circles		<input type="checkbox"/>
• Understands wh- questions (who, what, where)		<input type="checkbox"/>
• Uses 3-4 word sentences		<input type="checkbox"/>
• Begins to show curiosity about toilet training		<input type="checkbox"/>

• Can feed and dress themselves		<input type="checkbox"/>
• Likes to play with other children; will show and tell them about a toy		<input type="checkbox"/>
• Sleeps through the night, takes one nap almost every day		<input type="checkbox"/>
<b>From 36-48 months (3-4 years old)</b>	At next visit, ask:	
• Can draw a person (first just a circle, then a body and head)		<input type="checkbox"/>
• Can say first and last name, age and sex; and can sing a song		<input type="checkbox"/>
• By age four, will play simple games with other children		<input type="checkbox"/>
• Can tell me about things they did that day		<input type="checkbox"/>
• Sleeps through the night, takes one nap almost every day		<input type="checkbox"/>
• Stays dry through most of the night		<input type="checkbox"/>
<b>Developmental Milestones From 4-11 Years Old</b>	Age my child did this	Mark the box below for questions
<b>From 4-5 years old</b>	At next visit, ask:	
• Learns to gallop and skip		<input type="checkbox"/>
• Goes up and down stairs easily		<input type="checkbox"/>
• Speaks in longer sentences		<input type="checkbox"/>
• Tells what happened yesterday and what will happen tomorrow		<input type="checkbox"/>
• Can recognize some letters		<input type="checkbox"/>
• Begins to write their own name		<input type="checkbox"/>

• Goes up and down stairs easily		<input type="checkbox"/>
• Speaks in longer sentences		<input type="checkbox"/>
• Tells what happened yesterday and what will happen tomorrow		<input type="checkbox"/>
• Can recognize some letters		<input type="checkbox"/>
• Begins to write their own name		<input type="checkbox"/>
• Can tell you their address and phone number		<input type="checkbox"/>
• Loves to play dress-up and make-believe		<input type="checkbox"/>
• Likes to be read a bedtime story		<input type="checkbox"/>
• Goes to bed easily; sleeps 10-12 hours through the night		<input type="checkbox"/>
• Able to use the toilet to urinate and stool; may need help wiping		<input type="checkbox"/>
<b>From 5-6 years old</b>	<b>At our next visit, ask :</b>	
• Learns to ride a bicycle without training wheels (not safe alone)		<input type="checkbox"/>
• Is learning to swim (not safe alone)		<input type="checkbox"/>
• Begins to learn the rules for sports and enjoys knowing rules		<input type="checkbox"/>
• Learns to tie own shoes		<input type="checkbox"/>
• Can take more responsibility for cleaning up room		<input type="checkbox"/>
• Can do more of own bath or shower; still may need help		<input type="checkbox"/>
• Can brush teeth but still needs help to get them all brushed		<input type="checkbox"/>
• Names 1 or 2 best friends		<input type="checkbox"/>

From 6-11 years	At our next visit, ask:	
• Knows the rules for sports and games		<input type="checkbox"/>
• Can ride bike with less supervision by age 9 (if safe neighborhood)		<input type="checkbox"/>
• Can take more responsibility for cleaning up room, setting table		<input type="checkbox"/>
• Can bathe or shower alone; begins to want privacy at about age 10-11		<input type="checkbox"/>
• Enjoys spending the night with relatives or friends		<input type="checkbox"/>
• Enjoys having other children spend the night at their home		<input type="checkbox"/>
• Can make up and tell a simple story (with beginning, middle, end)		<input type="checkbox"/>
• Able to use the toilet to urinate and stool on own		<input type="checkbox"/>

**“Usual” ages for developmental milestones can be earlier or later.**

**Talk to your doctor about your child’s development and behavior.**



# A Special Note About Teenagers and Health Checkups

The teen years bring huge changes for teenagers and their families. It is very important for teens to have health checkups. Checkups are recommended every two years, but teens can have more frequent checkups if needed.

There are many changes going on socially, emotionally, mentally and physically. It is important to remember that these changes happen at different times for different teens.

## Social changes

- Separate from parents; and peers become more important
- Moody
- Need more sleep
- Better at discussing thoughts and feelings
- Feel awkward about “who they are” and their bodies
- Often think nothing bad can happen to them.

## Emotional changes

- Boys and girls worry about whether they are normal.
- Boys and girls change relationships often.

## Physical changes

- Girls go through puberty between the ages of 9 and 14 years of age (height increases, mood changes, starts menstrual cycle and body development).
- Boys go through puberty between the ages of 10 and 16-18 years of age (height increases, mood changes, voice deepens and body development).
- Boys and girls may act shy or blush when sexuality is discussed.
- Boys and girls may begin to show modesty.
- Boys and girls begin to show interest in body changes and sexual topics.

(This is normal and does not always mean a teen has become sexually active. Parents need to talk to their teens about sexuality so they can feel safe and healthy.)



Below are warning signs of possible issues. If your child shows any of these warning signs, contact his or her doctor for help.

<b>Red Flags (Warning Signs)</b>	At our next visit, ask:
Becomes isolated from friends	<input type="checkbox"/>
Loses interest in social activities; or starts to not do as well in school, work or sports as they did	<input type="checkbox"/>
Has big changes in sleeping and/or eating habits and has frequent nightmares	<input type="checkbox"/>
Has frequent physical complaints	<input type="checkbox"/>
Acts out sexually	<input type="checkbox"/>
Abuses any alcohol and/or drugs	<input type="checkbox"/>
Shows intense fear of getting too heavy, purges food (vomits on purpose), restricts eating and exercises heavily	<input type="checkbox"/>
Threatens to hurt himself or others; actually injures them self on purpose	<input type="checkbox"/>
Has frequent outbursts of anger and aggression	<input type="checkbox"/>
Threatens to run away	<input type="checkbox"/>
Opposes authority, skips school, steals or vandalizes; and regularly violates rights of others	<input type="checkbox"/>
Has strange thoughts, beliefs and feelings or unusual behaviors	<input type="checkbox"/>



## Things to remember when scheduling a checkup:

- Be sure to call and make an appointment with your child's SoonerCare doctor. It may take up to three weeks to get an appointment. When you call, tell the doctor's office that your child is a SoonerCare member.
- Bring your child's SoonerCare card with you to the appointment.
- Make a list of questions you have for the doctor and bring it to your child's appointment.
- Bring your child's immunization record to every appointment so your doctor's office can write down any shots given. You will need your child's immunization record for school and child care programs.
- Ask your nurse or doctor to explain if you don't understand what they tell you.

If you are having trouble getting an appointment with your child's doctor, call the **SoonerCare Helpline at 800-987-7767**.

If you have a hearing impairment, call **711 (TDD)**.

**Linea de Ayuda de SoonerCare 800-662-4955**

## What happens if my child needs more than just a health checkup?

If your child's SoonerCare doctor finds a health concern during a health checkup, he or she may send you to another provider or another place for follow-up care.

*\*All medically necessary services are covered through SoonerCare.*

**Some services may first need approval from SoonerCare. Ask your doctor's office if you are not sure which services need to be approved BEFORE you go to get those services.**

## What if I can't keep my child's appointment?

**You should always try your best to keep the appointment.**

If something happens and you need to cancel or reschedule, call the doctor's office 24 hours before the appointment to cancel. This way the doctor can see other people who need services.

If you have arranged with SoonerRide to get to or from the doctor, call SoonerRide to cancel your ride.



## SoonerRide

### What if I need a ride to the appointment?

If your child is a SoonerCare member, SoonerRide is a FREE service that takes you and your child to and from your child's health care appointment.

To make sure you can get a ride, you need to call SoonerRide at least three days business days before the appointment. Exceptions may be made for some urgent medical needs.

**Call SoonerRide at 877-404-4500 from 8 a.m. to 6 p.m. Monday through Saturday to make a reservation.**

**If you are hearing impaired, call 711 (TDD).**

**SoonerCare**  
Oklahoma Health Care Authority

**Remember  
4Renew**

# Important!

Please keep your SoonerCare enrollment current

**RENEW ONLINE**

[www.mysooner.org](http://www.mysooner.org)

**If you have questions about Child Health Services,  
please call:**

**SoonerCare Helpline**

**1-800-987-7767**

**8 a.m. to 5 p.m. Monday through Friday**

**If you have a hearing impairment,**

**Relay Service - 711 (TDD)**

**Linea de Ayuda de SoonerCare**

**1-800-662-4955**

**24 hours a day including weekends and holidays**

**Translation services are available**

**Behavioral Health Department**

**Monday through Friday - 8 a.m. to 5 p.m.**

Clients who require **Non-Emergency referral** or assistance should call the Behavioral Health Helpline at **1-800-652-2010 (V/TDD)**.

***Please note - The Helpline is not equipped to deal with emergencies.  
For a behavioral health emergency, contact your PCP or local  
emergency room.***

**SoonerCare**  
Oklahoma Health Care Authority

Oklahoma  
Tobacco Helpline



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