

## NOTES

**REMINDER:** Tell your baby's doctor that you may have had Zika while pregnant.

### Contact Information:

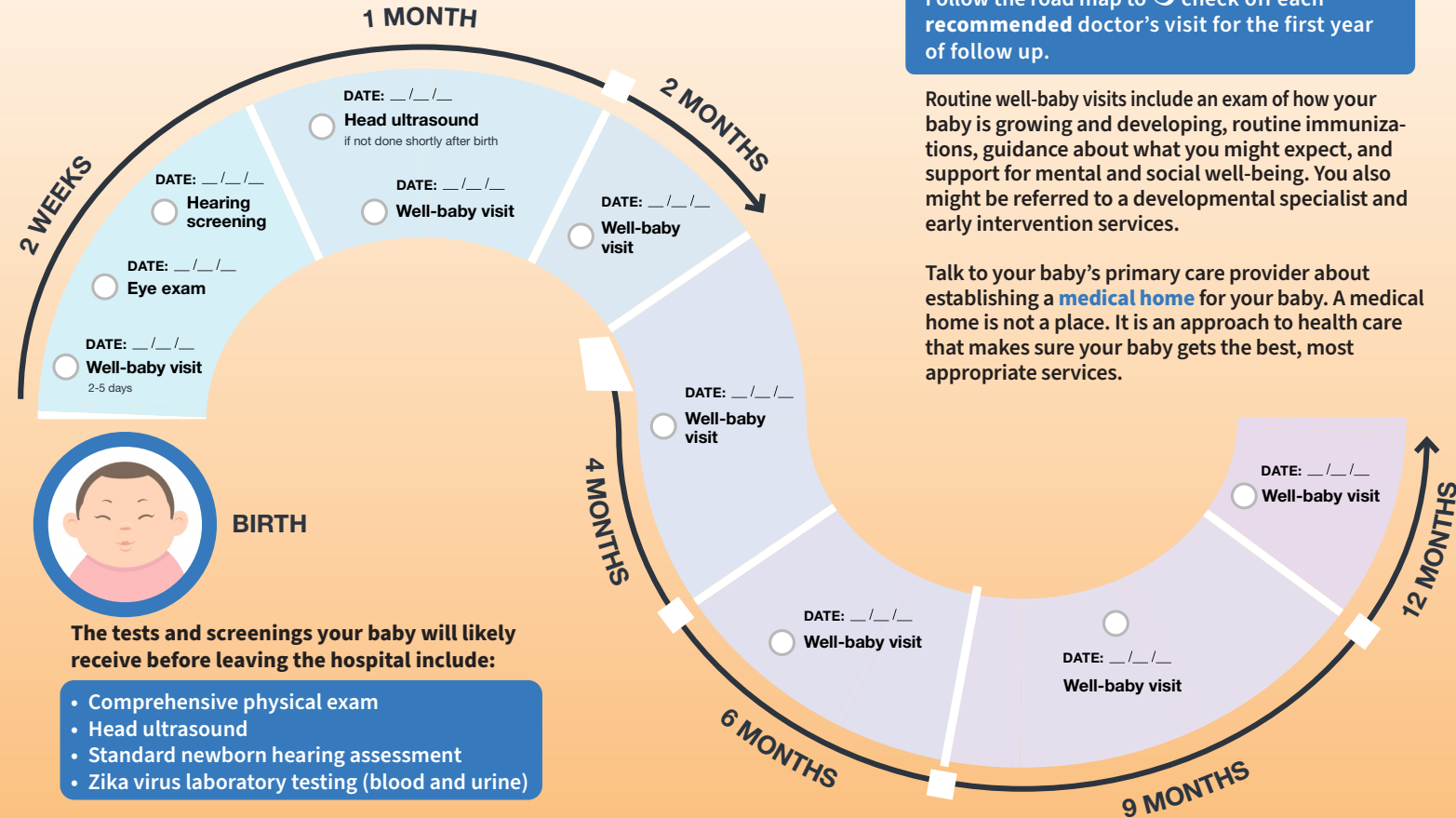
Virginia Department of Health

[www.vdh.virginia.gov](http://www.vdh.virginia.gov) or

[www.cdc.gov/zika](http://www.cdc.gov/zika)

## ROAD MAP FOR PARENTS OF BABIES INFECTED WITH ZIKA BEFORE BIRTH

Because we are still learning about how Zika can affect your baby, it is important to follow up with your doctor at specific time points.



Learn how Zika can affect your baby and when to follow up with your doctor

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# BIRTH DEFECTS ASSOCIATED WITH ZIKA



Zika virus infection during pregnancy may affect your child’s progress in moving, speaking, and playing. If you think your baby is not growing properly, talk with your doctor and share your concerns. **Don’t wait. Acting early can make a real difference.**

Zika virus infection during pregnancy can cause microcephaly and other severe brain defects in babies, but not every pregnant woman with Zika virus will have a baby with a related health condition at birth.

Some problems caused by Zika virus may not be obvious when your baby is born; it is very important to take your baby to all recommended check-ups with their doctor.

## TRACK YOUR BABY’S PROGRESS

How your child plays, learns, speaks, acts, and moves offers important clues about your child’s development.



### Developmental Milestones

#### 2 Months

- Begins to smile at people
- Can briefly calm themselves
- Tries to look at parent
- Coos, makes gurgling sounds
- Turns head towards sounds
- Pays attention to faces
- Begins to follow things with eyes and recognize people
- Begins to act bored if activity doesn’t change
- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs



#### 4 Months

- Smiles at people
- Watches things as they move
- Begins to babble
- Reaches out for toy with one hand
- Holds head steady, unsupported
- Pushes down on legs when feet are on hard surface
- Brings hands to mouth
- When laying on stomach, pushes up to elbows



#### 6 Months

- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling (“ah” “eh” “oh”)



#### 12 Months

- Uses simple gestures such as shaking head for “no” or waving “bye bye”
- Copies gestures
- Responds to simple spoken requests
- Says “mama” and “dada”
- Pulls up to stand

For more information, visit [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones)

## RESOURCES

### Children and Youth with Special Health Care Needs (CYSHCN)

#### Care Connection for Children (CCC)

[www.vdh.virginia.gov/care-connection-forchildren/](http://www.vdh.virginia.gov/care-connection-forchildren/)

- Specialty medical services
- Care coordination
- Medical insurance benefits evaluation
- Family to family support

#### Child Development Centers (CDC)

[www.vdh.virginia.gov/child-development-services/](http://www.vdh.virginia.gov/child-development-services/)

- Developmental delays
- Developmental disorders associated with sensory or physical disabilities
- Attention and hyperactivity disorders