

NEWBORN WELL CHILD VISIT

The complete details of today's visit are on our web site at pcpmds.com. If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

WT: _____, _____% HT: _____, _____% HC: _____, _____%

DIET

- Breast milk or formula contains all the nutrients your baby needs at this time.
- Delay solids **until at least 4 months** AND baby stops tongue thrusting when fed.
- Vitamin D drops for breast fed babies – 400IU – ask your pharmacist to direct you to the many over the counter preparations available.

GENERAL MEDICAL CARE

- **Medical Home:** Unless life threatening emergency please call us 24/7/365 **before** going to the ER. If the office is closed, call the afterhours number that is given on the recording on our "the office is closed" message.
- **Cord Care:** apply alcohol to the cord every diaper change. You must get to the base of the cord so that it will dry up and fall off. Slight bleeding may occur when the cord falls off. The baby may have a bath only **AFTER** the cord falls off.
- **Temperature:** all temperatures should be taken under the arm. An under the arm temperature is the same as a rectal temperature providing the thermometer is held securely under the arm so that the baby's skin is firmly touching all sides of the thermometer. Until your child is 3 months old, you must call us immediately for any temperature of 100.5F degrees or greater.
- See newborn handout for more information.

VACCINES

- It is very important that all caregivers in your home receive the adult pertussis vaccine - also known as Tdap. This will protect your baby from getting pertussis or whooping cough from you. Your baby is not protected from whooping cough until after the 6 month vaccines. Babies who get whooping cough are almost always hospitalized and frequently end up in an intensive care unit. Please protect your baby from this very serious and sometimes fatal, but preventable disease. You can get this vaccine at our or your doctor's office, or at Walgreens.
- **FLU** for the parents and caregivers during flu season, September – March. By administering this vaccine to the caregivers you protect the infant from getting the flu, which can be very serious in an infant. The Flu vaccine is available here or through each caregiver's personal physician.

SAFETY

- **Car seat:** your baby must be in a car seat every time he or she is in the car. The seat must be rear facing. Children should always be in the rear seat of the car until 2 years of age.
- **Sleep:** your baby should sleep on his or her back to reduce the risk of SIDS (sudden infant death syndrome).
- **Pacifiers:** pacifiers are recommended because they too decrease the risk of SIDS
- **Falls:** Do not leave your baby alone on tables, sofas, beds, or other high places. Babies wiggle and can fall easily.
- **Burns:** never carry your baby and hot foods at the same time. Also, never hold your baby while cooking. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.

SOCIAL

- Parents need some time off from caring for your baby. A happy parent is the greatest gift you can give your infant.
- Be sure to nurture all the relationships in your home.

Next Visit/ Other

- Your baby's next visit is at 2 weeks of age. At this time, the HEP B # 1 vaccine will be given if it was not given to your baby at the hospital.
- Remember to add your baby to your insurance. You must do this, it is not automatic, and follow up with the insurance company that this was indeed done. Mistakes are relatively common and these mistakes can be very costly to the family. **Do not delay!**

REMEMBER TO TAKE THE 2 WEEK SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT – available after your confirm your appointment. Appointments are confirmed by clicking on the link in reminder text.