

**NEWBORN WELL CHILD VISIT** Name: \_\_\_\_\_ Date: \_\_\_\_\_  
WT: \_\_\_\_\_, \_\_\_\_\_% HT: \_\_\_\_\_, \_\_\_\_\_% HC: \_\_\_\_\_, \_\_\_\_\_%

**DIET**

- Breast milk or formula contains all the nutrients your baby needs at this time.
- Delay solids until 4-6 months.
- No vitamins until at least 6 months of age. At 6 months, fluoride may be needed.

**GENERAL MEDICAL CARE**

- **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 babies skin is firmly touching all sides of the thermometer We will teach you how, please ask! Until your child is 3 months old, you must call us immediately for any temperature of 100.5 degrees or greater.
- **See newborn handout for more information.**

**Vaccines:**

- **dTap** for the parents and care givers. By administering this vaccine to the caregivers you protect the infant from getting pertussis or whooping cough, which is present in 15% of adults with a cough. Pertussis can be very serious in an infant. This vaccine is available here or through each caregiver’s personal physician.
- **FLU** for the parents and care givers 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 until the baby is 12 months of age and weighs at least 20 lbs. Children should always be in the rear seat of the car.
- **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**

- Parent(s) need some time off from caring for your baby. A happy parent(s) 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 BF 2 WEEK SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT**

**NEXT APPOINTMENT:**

DATE \_\_\_\_\_ TIME \_\_\_\_\_ MD \_\_\_\_\_ REASON \_\_\_\_\_  
DATE \_\_\_\_\_ TIME \_\_\_\_\_ MD \_\_\_\_\_ REASON \_\_\_\_\_