

2 WEEK 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.
- Vitamins for those who live in areas without fluorinated water will be prescribed at 6 months of age.

VACCINE

- During this visit your baby will receive the **Hepatitis B** vaccine if it was not administered in the hospital at birth. This vaccine has minimal side effects. To learn more please refer to the attached handout.
- **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 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).
- **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.
- Consider taking a CPR course.

SOCIAL

- Parent(s) need some time off from caring for baby. A happy parent(s) is the greatest gift you can give to your infant. Be sure to nurture all the relationships in your home.
- 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!
- Your baby's next visit is at 1 months of age

REMEMBER TO TAKE THE BF 1 MONTH SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT

DATE _____ TIME _____ MD _____ REASON _____

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