

1 MONTH WELL CHILD VISIT WT: _____, _____% HT: _____, _____% HC _____, _____%

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.

DIET

- Breast milk or formula contains all the nutrients your baby needs at this time.
- Delay solids until at least 6 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.

MEDICAL

- **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.

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 2 years of age. Children should always be in the rear seat of the car.
- Pacifiers: 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.
- CIGARETTE SMOKING: Exposure to tobacco smoke, even if you smoke outside, increases your child's risk of SIDS (sudden infant death-crib death), asthma, allergies, dental cavities, ear infections, and colds. In addition, smoking increases the chance of your child having to deal with your early death from the complications of smoking, including cancer, emphysema, and heart disease. Smoking also increases the chance that your children will smoke. Give your child the gift of his or her health and yours - stop smoking today.
- SAFE SLEEP Put baby to sleep on his or her back, on a firm, snug- fitting mattress. Do not let baby sleep in an adult waterbed, bean-bag or sheep skin, or soft yielding bedding or comforters. Do not use crib bumpers or stuffed animals in crib.
- NEVER SHAKE YOUR BABY - if you are getting frustrated, put your baby in the crib, and walk out of the room. It is safer for your infant to be alone crying while you calm your frustrations. Newborns can be very frustrating, and, if you find yourself getting increasingly more frustrated or depressed, please come in and speak with us. Remember, asking for help is a brave thing to do and makes you a better parent for your child.
- Consider taking a CPR course.

SOCIAL

- Parents need some time off from caring for baby. A happy parent 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 NEXT VISIT IS AT 2 MONTHS OF AGE – BOOK TODAY AS YOU LEAVE THE OFFICE

- Your child will be receiving several important vaccines at the 2 month visit – DTaP, IPV, HIB, Rotavirus, Prevnar and Hepatitis B #2. Several of these are in a combination single shot vaccine!

**REMEMBER TO TAKE THE 2 MONTH SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT
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