

**1 MONTH WELL CHILD VISIT** Name: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_, \_\_\_\_\_% HT: \_\_\_\_\_, \_\_\_\_\_% HC \_\_\_\_\_, \_\_\_\_\_%

**DIET**

- Breast milk or formula contains all the nutrients your baby needs at this time.
- Limit formula at no more than 36 oz per day
- 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**

- **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.
- Your baby’s next visit is at **2 months of age**
- Your child will be receiving several important vaccines at the 2 month visit – DTAP, HIB, Rotavirus, Prevnar, and Hepatitis B #2. Several of these are in a combination single shot vaccine!

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

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

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