

**2- 3 MONTH WELL CHILD CARE VISIT** Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

### DIET

- Formula or breast milk is your baby's most important "food" until 12 months of age.
- Delay solids until 4-6 months of age.
- Call the office if your baby is drinking more than 38 oz of formula per day.
- Sterilization of bottles is no longer needed; just wash them thoroughly with soap and water.

### VACCINES (Please refer to the attached handouts for complete details)

**Note:** All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Some of the vaccines may cause fever, fussiness, and irritability for 48 hours (this occurs in about 15% of children). If that occurs, you may give your child **Tylenol** Infant 80mg/.8ml \_\_\_\_\_ ml every 4 hours as needed. Use if absolutely needed since Tylenol use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.

### GENERAL MEDICAL CARE

Pacifiers are recommended until 12 months of age to help prevent SIDS (sudden infant death syndrome).

### 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 continue to sleep on his or her back or side to reduce the risk of SIDS.

**Falls:** Your baby is becoming more mobile - use gates and remove or cover sharp edges on furniture. NEVER leave your baby alone on a sofa, bed, changing table, or other high places. Use a safety harness in high chairs, strollers, and swings.

**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.

**Choking:** remove any small items from your baby's environment. Learn CPR.

**Drowning:** never leave your baby without an adult's hand physically on him or her around any water.

**Walkers:** NEVER!!!!!!! 75% of all babies get injured in them.

### SOCIAL/DEVELOPMENT

**Read and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should not be watching T.V. - this includes educational T.V.!

### FOLLOW UP

Your baby's next well child visit is at **4 months of age**. Make your appointment today.

During this visit, your baby may receive the Dapt #2, Hep B#2, IPV#2, HIB #2, Prevnar #2, and Rotavirus # 2 vaccines. Do not be alarmed – some of the above vaccines are given as 1 injection.

### **REMEMBER TO TAKE THE BF 4 MONTH SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT**

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

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