

2- 3 MONTH WELL CHILD CARE 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

- Formula or breast milk is your baby's most important "food" until 12 months of age.
- Delay solids until at least 4-6 months AND baby stops tongue thrusting when fed.
- 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.

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.

VACCINES DUE : DTaP, POLIO, HIB, PREVNAR and ROTAVIRUS

Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. Laminated copies are available for your review in the office. They also have been sent to your own personal portal account.

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. Acetaminophen may be used if **absolutely** needed, since its 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. These mild reactions may be treated with children's (**NOT INFANT**) acetaminophen 160/5ml () ml every 4 hours as needed for fever > 101 degrees.

GENERAL MEDICAL CARE

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

SAFETY

Car seat: All infants and toddlers should ride in a **Rear-Facing Car Seat** until they are 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.

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. 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.

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