# PEDIATRIC HEALTH CARE

### ONE MONTH EXAM

WEIGHT:_	LBS	OZ.	LENGTH:	_IN.	HEAD CIRCUMFERENCE:	IN.
		%		_%		%

#### FEEDING:

Continue feeding breast or formula as you have done. Your infant does not need extra bottles of water, as breast milk and formula already contain all the water the baby needs. Baby enjoys sucking on his/her hands or pacifier. Breast fed babies need to continue their multivitamin (TriVisol with Iron, Polyvisol with Iron).

#### **DEVELOPMENT:**

Soon your baby will be smiling. Your baby should respond to loud noises or voices.

#### SAFETY:

- 1. When your baby is on the dressing table or bed, **NEVER** take your hand off him/her. Babies can fall off while you are reaching for the diaper or phone. Have everything close by before laying the baby down. You may move the baby to the floor if you need to walk away.
- 2. When bathing your infant, let the phone ring! A baby can drown in the time it takes you to tell the caller to call back.
- 3. When carrying your infant in the car seat, always have him/her fastened in.
- 4. The only safe way for a baby to travel in a car is in an approved car seat in the rear seat of the car. All car seats should be installed according to the manufacturer's instructions. This is a state law. If you have questions about your car seat, please ask.
- 5. Never feed a baby who is lying down. He/she should always be in a semi-upright position in your arms or a car seat.
- 6. After feeding, burp your baby and lay him/her with the head elevated above the stomach.
- 7. Never place a string or necklace around your baby's neck. A long string should not be used to attach a pacifier, toy, or religious medal on or over the crib.
- 8. After feeding, burp your baby and lay him/her with the head elevated above the stomach.
- 9. The recommended sleeping position is on the back. This position has been found to reduce the risk of SIDS (Sudden Infant Death Syndrome) in infants.
- 10. Avoid loose bedding, heavy quilts, pillows, and stuffed animals in your baby's crib. Make sure the sheets fit well.

## DIAPER CARE:

Frequent diaper changes and adequate drying are the best ways to prevent diaper rashes. Apply barrier creams to dry skin only. For girls, always wipe from the front to the back.

## **IMMUNIZATION:**

Hepatitis B

## **NEXT VISIT:**

See you in one month at two months of age when your baby will receive 3 vaccines: Pentacel (which includes DTaP, IPV, and Hib), Prevnar (PCV-13 or Pneumococcal vaccine), and Rotateq (to protect against Rotavirus). Please be sure you know if your insurance covers the vaccinations.