



A Member of  
**Valley Children's Medical Group**  
 www.fresnochildrens.com

## Well Child Care, One Month

**Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **HC:** \_\_\_\_\_ **Age:** \_\_\_\_\_

The following is our recommended well child visits and immunizations schedule. Typically, the 6, 12, and 18 month well visits are conducted by one of our pediatric nurse practitioners.

	1 wk	1 M	2 M	4 M	6 M	9 M	12 M	15 M	18 M	2 Y
Hepatitis B		X	X			X				
** (DTaP) Diphtheria, Tetanus, Pertussis, Polio, H. influenzae b			X	X	X			X		
Pneumococcal			X	X	X		X			
** (MMR) Measles, Mumps, Rubella								X		
Varicella							X			
Hepatitis A							X		X	
Rotavirus (by mouth)			X	X	X					

\*\*combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website [www.fresnochildrens.com](http://www.fresnochildrens.com) in the Health Information tab.

### NUTRITION

- Breast-feeding is the ideal, preferred method of feeding. Breast milk or formula should be the only food for the first 4 to 6 months.
- No water, solids or juices are to be added until you are given specific instructions.
- We recommend that water for formula preparation be sterilized until the baby is about 4 months old. Bottle nipples should be sterilized.
- If using formula, follow storage instructions on the container.
- Breast milk can be stored in the refrigerator for up to 72 hours and in the freezer for up to 6 months.
- Do not give regular milk or egg whites during the first year.
- Always hold your infant while feeding him/her. Do not prop a bottle and have them lay down to eat.
- To monitor your child's growth on a growth chart go to [www.fresnochildrens.com/](http://www.fresnochildrens.com/) and under the Health Information tab click on Informational Handouts to find growth charts for printing.

## **INFANT CARE**

### **Genital care:**

- Males: simply wash the surface of the penis with water and a washcloth; If uncircumcised, there is no need to pull back the foreskin as long as you can see the opening at the tip.
- Females: wash between the separated labia with water and a washcloth.
- Strategies to encourage night settling:
  - Encourage self-settling.
  - Make middle of the night feedings 'brief and boring'.
  - Swaddle your infant to promote a sense of warmth and security.
  - Infants typically sleep between 12 and 16 hours in a 24 hour period of time.

## **ELIMINATION**

- Expect a minimum of four wet diapers each day.
- Expect a soft stool every one to seven days. It is normal to go up to seven days between stools as long as the stool and abdomen are soft.

## **DEVELOPMENTAL MILESTONES**

- Responds to sounds by blinking, crying, quieting, or showing a startle response.
- Fixates on human face and follows with eyes.
- Lifts head momentarily when in prone position.
- Smiles spontaneously.

## **INJURY & ILLNESS PREVENTION**

- For car seat information visit [www.safercar.gov](http://www.safercar.gov).
- Keep toys with small parts or other small or sharp objects out of reach.
- Baby crib slats should be less than 2 3/8 inches apart.
- Set water temperature to less than 120 degrees Fahrenheit.
- Learn emergency procedure for choking and CPR.
- Back sleeping reduces the risk of sudden infant death syndrome (SIDS)
- Give your infant "tummy time" when he is awake on a regular basis to promote coordination and strengthening of muscles and flattening of head.
- Never shake your baby. Shaking or tossing your infant even in a playful manner, can cause serious injury or death.
- Never leave your baby alone or with a young sibling or a pet.
- Second-hand smoke exposure, of all sources including vapor devices, is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.
- It is recommended that baby sleeps in their own crib in parent's room until one year of age.

**Call the office immediately** if your baby is under three months and has a rectal temperature greater than 100.4 degrees Fahrenheit.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com).**