

MAURICE E. GILLESPIE, M.D.
JAMES P. FLANAGAN, M.D.
DAVID M. BERGDAHL, M.D.
LINDA L. FRALEY, M.D.



JOHN J. KIM, M.D.
CESAR A. VAZQUEZ, M.D.
LUCIA C. MIRELES-CHAVEZ, M.D.
CECILIA MORENO, M.D.

Well Child Care, One Month

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Breast milk or formula should be the only food for the first 4 to 6 months
- We recommend that sterile water be used to mix formula until the baby is about 4 months old. Bottle nipples should be sterilized (i.e. boiled in water)
- Discard bottles of expressed breast milk or open containers of ready-to-feed or concentrated formula stored in refrigerator for 48 hrs or more; discard bottles of prepared formula stored in refrigerator more than 24 hours (more information on breast milk storage at <http://www.fresnochildrens.com/files/HealthTopics/breastmilkstorage.pdf>)
- 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 <http://www.fresnochildrens.com/HealthInfo.htm>
- Do not give regular milk, honey, olive oil, mineral oil, wheat, citrus, or egg whites during the first year

INFANT CARE

- Give your infant "tummy time" on a regular basis to promote coordination and strengthening of muscles
- Genital care:**

- Males: simply wash the surface of the penis with water and a washcloth; as long as you can see the urethral opening, there is no need to pull back the foreskin in an uncircumcised male.
- Females: wash between the separated labia with water and a washcloth
- Strategies to encourage night settling (more information on promoting healthy sleep habits in infants at <http://www.fresnochildrens.com/files/HealthTopics/sleepininfancy.pdf>)
 - Place baby to sleep in crib in own room, if possible
 - Place baby in crib sleepy, but awake
 - Allow baby to fall asleep alone (without rocking, feeding, or pacifier)
 - Allow baby to self-calm
 - Make middle of the night feedings 'brief and boring'

ELIMINATION

- Expect a minimum of four wet diapers each day
- Expect a soft stool every one to seven days. It is not abnormal to go seven days between stools as long as they are soft and abdomen is 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

- Keep toys with small parts or other small or sharp objects out of reach
- Continue to use rear-facing infant safety seat in back seat of car until your infant is twelve months old **AND** twenty pounds
- 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 is preferred and reduces the risk of sudden infant death syndrome
- Never, never shake your baby
- Never leave your baby alone or with a young sibling or a pet
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

CALL THE OFFICE IMMEDIATELY

- If your baby has a rectal temperature greater than 100.4 degrees Fahrenheit
- If your baby is blue or having difficulties breathing
- If your baby is not feeding well or is difficult to wake up

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.