



www.fresnochildrens.com

## Well Child Care, One Month

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

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

Recommended Well Child Visits and Immunizations:

	1 wk	1 M	2 M	4 M	6 M	9 M	12 M	15 M	18 M	2 Y
<b>Well Visits</b>	X	X	X	X	X	X	X	X	X	X
Hepatitis B		X	X			X				
** <b>(DTaP) Diphtheria, Tetanus, Pertussis, Polio, H. influenzae b</b>			X	X	X			X		
<b>Pneumococcal</b>			X	X	X		X			
** <b>(MMR) Measles, Mumps, Rubella</b>								X		
<b>Varicella</b>									X	
<b>Hepatitis A</b>							X		X	
<b>Rotavirus (by mouth)</b>			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.
- For more information on breast milk storage go to <http://www.fresnochildrens.com/files/HealthTopics/breastmilkstorage.pdf>
- Do not give regular milk, honey, olive oil, mineral oil, citrus, 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

- 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; 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

- Keep toys with small parts or other small or sharp objects out of reach
- All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat’s manufacturer.
- 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 (SIDS)
- 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 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.

**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). If you do not have access to the internet, please call our office to have them mailed to your home.**