

2 WEEK WELL-CHECK



Development

Your newborn can only see a distance of 2 feet at this age. He will sneeze and hiccup, and this is quite normal. Some babies will have neonatal acne, which will disappear as they age. Others may have cradle cap, which can be gently scrubbed off. The umbilical cord should fall off between 10 and 21 days.

Feeding / Nutrition

Rapid growth. Your child should have regained his birth weight by this time. All nutritional requirements are met by breast milk or formula alone until 4-6 months of age.

Breastfed: Nursing every 2-4 hours; let your child sleep as long as he wants. Try to keep nighttime interactions brief and dull. Continue to give Tri-Vi-Sol per package recommendations and to take your pre-natal vitamin.

Formula Fed: There is no need to sterilize bottles or water unless using well water. No supplemental vitamins are needed. One or two ounces every 2-4 hours is usually sufficient at this age. Feed until the infant is satisfied, burping after every ounce as needed.

Simethicone drops may help for gas. Follow the directions on the bottle.

Dark karo syrup, one teaspoon per ounce, in one bottle daily can be given for constipation.

Occasionally, white spots in the mouth and on the cheeks can develop and may be signs of thrush. This is easily treated with prescription medicine and is very common. If you notice these symptoms, please make an appointment at our office.

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Behavior

Your baby can only interact with his environment by crying. Infants frequently increase the time of crying until about 6 weeks, when they level off and begin crying less. Babies like to look at objects, their favorite being faces. Other visual stimuli include black, white and red colored objects as well as lights, mirrors and ceiling fans. He is still too young to sleep through the night as he will likely wake for feeding. When putting your child to sleep, ensure he is lying on his back; this helps reduce the risk of SIDS. Newborns are often congested, and the best treatment is manual suction with the bulb that came home from the hospital. Occasionally, it helps to spray over-the-counter saline drops into the nostrils to help loosen thicker mucus.

Accident Prevention

A rear-facing car seat should always be used. Never leave your child alone in a car, on a bed or on a couch. The only safe place for your baby is on his back in a crib that is clear of objects that could obstruct his breathing. Turn the water heater setting to less than 120°. Avoid taking your newborn to large gatherings until after his first set of immunizations. Any temperature greater than 100.4 rectally is an emergency and your child should be seen immediately.

Immunizations

No immunizations are needed at this time. If your child is breastfed, we may repeat the State Newborn Screen. No acetaminophen should be given until after 2 months of age.

NEXT VISIT:
2 months of age.
He will receive his first set
of immunizations at this time.

2 MONTH WELL-CHECK



Development

You are going to find that your baby is more fun and less trouble as time goes by. He should now be smiling and will soon be laughing. You will notice him cooing and making sounds in response to sounds you make. Your infant will begin opening his hands spontaneously. Most babies start rolling over in the next two months, but you never know when – BE CAREFUL. Changing tables can be quite dangerous at this age.

Feeding / Nutrition

Rapid growth. All nutritional requirements are met by breast milk or formula alone.

Breastfed: Nursing every 2-4 hours; let your child sleep as long as he wants. Try to keep nighttime interactions brief and dull. Continue to give Tri-Vi-Sol per package recommendations.

Formula Fed: There is no need to sterilize bottles or water unless using well water. No supplemental vitamins are needed. Feed until the infant is satisfied, burping after every ounce as needed. Average daily amounts of formula intake are: 20-24 oz. at 6 weeks; 28-30 oz. at 3 months; and 32-36 oz. at 4 months. No baby food, water or cereal is needed at this time. No cereal should be placed in his bottle.

Simethicone drops may help for gas. Follow the directions on the bottle.

Dark Karo syrup, apple juice or grape juice, one teaspoon per ounce, in one bottle daily can be given for hard stools.

Behavior

Your baby will rapidly develop a number of ways to let you know his feelings besides crying. He will express himself during feedings, bathing and dressing. You'll both enjoy these activities more if you try to discover his preferences. He will respond better if you smile, laugh and play during these tasks. All babies

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

will have some fussy days. At this age, give him the benefit of the doubt and don't worry about spoiling him. If the baby is crying and fussy, try holding, feeding, changing, moving to a different environment, etc.

Early on, babies discover how to get thumbs and fingers in their mouths. Thumb sucking during the first three years will not deform teeth. Usually left alone, this behavior disappears as babies develop interest in things around them. Your baby is learning quickly. A change of scenery, spending time with family, and suitable toys will stimulate learning. Try to read to the baby daily. He will begin to associate reading with quality time and brain development. A set schedule for bedtime is important; keep these interactions brief and dull. Your baby should be sleeping in his own bed at night, preferably in his own room.

Accident Prevention

A rear-facing car seat should always be used. Never leave your child alone in a car, on a bed or on a couch. The only safe place for your baby is in his uncluttered crib on his back. No necklaces, including teething necklaces, should be placed on the infant's neck. Turn the water heater setting to less than 120°. Never drink hot liquids when holding or feeding your baby. Inspect all toys; discard any that are small enough to choke on or any with sharp edges. Be especially careful with older siblings as they like to "share" their toys with their baby brother/sister. Do not smoke around your baby – outside is the only acceptable place. When placing your child in his crib, ensure he is lying on his back; this helps reduce the risk of SIDS.

Immunizations

Today's immunizations include the DTaP, polio, Hib, Hepatitis B, rotavirus, and Prevnar 13 vaccines. These will help prevent some of the most devastating childhood illnesses. Fever related to immunization usually does not exceed 100°. This will last for 1-2 days at most. Tylenol may be given after 2 months of age.

NEXT VISIT:
4 months of age. He will receive his second set of immunizations at that time.



4 MONTH WELL-CHECK



Development

Baby is more fun and less fussy. She should be able to push up on her arms and lift her chest off the table.

3-4 months: Begins to laugh, smile and squeal, holding her head much steadier.

4-5 months: Grasps and reaches for objects; puts everything in her mouth. She may have a preferred side on which to turn her head and rubs a bald spot from turning her head. The bald-spot issue will likely improve as she'll be sitting up on her own soon. Continue tummy time to avoid plagiocephaly (also called flat head syndrome). She will begin to roll. **DO NOT LEAVE UNATTENDED** on a changing table or sofa. Encourage language skills by talking to your baby and echoing back the sounds she makes.

Feeding / Nutrition

It is okay to begin solid food, although breast milk or formula is still the most important source of nutrition. Solids should not be introduced until 4 months due to delayed neuromuscular development. Start with rice cereal mixed with water, breast milk or formula (1:6 ratio). The best time to start feeding your baby cereal is either in the morning or before bedtime. By 6 months of age, your child should be having 4-6 tablespoons of cereal twice daily.

Breastfeeding should continue as long as desired. Studies show decreased allergies in babies breastfed for 6 months. Be sure to use iron-fortified cereals and Poly-Vi-Sol with Iron daily.

Strained or pureed vegetables are the next solid foods introduced to your baby. This usually occurs at about 6 months of age. Introduce only one new food at a time and not more frequently than one every week. We recommend vegetables before fruits, as the sweetness of the fruits may cause refusal of vegetables and make your child more finicky. Avoid mixed dinners until later when you have determined tolerance of

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Tylenol (Acetaminophen) dose: _____

various foods. Although there is controversy, egg whites, wheat, peanut butter, fish, honey, strawberries and citrus fruits may be more likely to cause allergic reactions. These foods are worth discussing with your provider.

Behavior

Talk to your baby as you go about your day. Echo sounds she makes and she will repeat them. Take delight and enthusiasm with the conversation. Baby learns to talk by imitating. Play peek-a-boo and pat-a-cake. If able, try to place your child in bed awake. Continue reading to your child.

Accident Prevention

Continue to use a rear-facing car seat. Never leave your baby alone in a car or on a bed/table/couch. Water heater needs to be set to less than 120°. Inspect clothing for loose buttons or trinkets. Get the house ready now with outlet protectors; consider childproof latches for your kitchen drawers. No baby walkers should be used.

Immunizations

DTaP, polio, HIB, Prevnar 13, and rotavirus vaccinations are given at this visit. Fever related to immunizations normally does not exceed 100°. This will last for 1-2 days at most. Tylenol can be given, but Ibuprofen should NOT be given until age 6 months. Warm compresses and warm washcloths may be used on areas of tenderness.

**NEXT VISIT:
6 months of age. She will receive
her third set of immunizations
at this time.**

6 MONTH WELL-CHECK



Development

The next few months will be a time of considerable development for your baby. If he is not already sitting, he will be soon. He is much more active, moves toward objects, rolls over, smiles spontaneously, notices people, grasps objects, puts everything to his mouth, and supports himself on hands and knees. If the home isn't already baby-proofed, get small objects up and out of the way of a crawling baby. As early as 9-10 months, your child may be moving by foot with assistance of objects. If teething hasn't started already, it's coming; teething biscuits and lotions are quite helpful during this time.

Walkers: The American Academy of Pediatrics does not recommend the mobile kind, but the stationary type (exersaucer) is okay. Walkers have not been found to accelerate a baby's gross motor development; mobile walkers and stairs make a deadly combination.

Continue to talk to your baby. His early efforts will be formless babble, but by as early as 9 months he may say "dada" or less likely "mama." By then, he will respond to "no" most of the time.

Some bad habits start now. Be firm, decisive and consistent. Put him to bed in his own room alone while he is awake. If he fights and cries, let him; it won't hurt. Try not to walk him or rock him to sleep as he will become dependent upon this for falling asleep. This extra attention may increase demands. The time to develop these healthy patterns is now.

Feeding / Nutrition

Now would be a good time to add vegetables and fruits, if not already giving them. Please look back at your 4-month handout for greater details. After eating fruits and vegetables, your baby may also start biter biscuits and other finger foods, such as Cheerios and crackers. Avoid meat until 9 months. Formula and breast milk give your child all the fluid he needs. Juice and water are not necessary. Keep cups and bottles out of the crib

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Tylenol (Acetaminophen) dose: _____

Motrin (Ibuprofen) dose: _____

as they can lead to dental problems. Egg whites, wheat, peanut butter, fish, strawberries and citrus fruits may be more likely to cause food allergic reactions and should be discussed with your provider.

Behavior

Talk to your baby as you go about your day. Read to him regularly. This is the beginning of conversation. Baby learns to talk by imitating. Play peek-a-boo and pat-a-cake. If able, try to place your child in bed awake. Continue reading to your baby, even though he will probably try to eat the book.

Accident Prevention

Use a rear-facing car seat. Never leave your baby alone in a car or on a bed/table/couch. Water heater needs to be set to less than 120°. Inspect clothing for loose buttons or trinkets. Make sure the home is childproofed. Small, sharp, breakable or dangerous objects need to be kept out of reach of searching little hands. Babies love to teethe on them. All cleaning fluids, fingernail polish, medications, perfume and any toxic material should be in a locked cabinet or on a high shelf. Protect all electrical outlets.

Immunizations

DTaP, polio, HIB, Hepatitis B, rotavirus and Prevnar 13 vaccinations and the annual flu shot are given at this visit. Fever related to immunizations normally does not exceed 100°. This will last for 1-2 days at most. Motrin can now be given. Warm, moist soaks to areas of tenderness may be used.

NEXT VISIT:
9 months of age. He will receive
his catch-up immunizations
at this time.

9 MONTH WELL-CHECK



Development

Don't compare babies; individual differences exist. By this time, most infants can sit steadily for 10-15 minutes on a hard surface; transfer blocks from one hand to the other; bear weight briefly with their feet; feed themselves; and start using pincer grasp. He can start to drink from a cup with help. By 10 months, he will be pulling himself up and holding on to a solid object. He says "dada" or "mama" and by 12 months, should have one other word (i.e. hi, bye, ball, etc.). By 11 months, he understands single commands – "no" or "give it to me."

Firm-sole shoes are needed only if walking on rough terrain or when he begins to walk well at 12-15 months. Semi-soft shoes are adequate until that time.

Distraction is a useful tool for changing behavior and diverting away from an unwanted activity or habit.

Feeding / Nutrition

If on the bottle, begin transitioning to a cup and try to have the infant totally on cup by 12 months of age. If breastfeeding, similarly introduce a cup now, but continue to breastfeed for desired length of time. Do not begin whole milk until 12 months of age.

Baby cereal remains an excellent iron source; other good cereals to try at this age are the hot cereals such as cream of wheat/rice, Malt-O-Meal or oatmeal. Dry cereals make a good snack.

Begin to transition to table foods at 8-9 months of age so that your child will be eating table food exclusively at 12 months. He should be feeding himself by that time as well. Start fresh fruit at this time with the same fruits your family eats. Give the baby a small amount, cut-up or mashed. Limit fruits to twice a day. If your baby is not on finger foods, keep offering them. Now is also the time to introduce meats to your baby's diet. Make sure that it is tender and in small sizes.

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Motrin (Ibuprofen) dose: _____

Tylenol (Acetaminophen) dose: _____

Egg whites, wheat, peanut butter, fish, strawberries and citrus fruits may be more likely to cause food allergies and should be avoided until after 12 months of age.

Behavior

Your baby learns to talk by imitating. Read to him regularly.

Accident Prevention

Continue to use a rear-facing car seat. If your child is over 20 lbs., you will need to buy a convertible car seat that can continue to face backwards until 2 years of age. Make sure the home is childproofed. Small, sharp, breakable or dangerous objects need to be kept out of reach. All cleaning fluids, fingernail polish, medications, perfume, and any toxic material should be in a locked cabinet or on a high shelf. Protect all electrical outlets.

POISON CONTROL TELEPHONE NUMBER:

1-800-222-1222

Immunizations

No routine immunizations are given today but catch-up immunizations may be given. Blood testing for anemia and lead exposure may be done between today and 15 months of age, usually at 12 months.

NEXT VISIT:

At one year of age.

(Make sure he has had his first birthday, as certain shots can't be given until then.)

12 MONTH WELL-CHECK



Development

This is a period of great advances in all areas of development. He pulls to stand, cruises and walks with support or may have been walking since 10-11 months of age. He shows precise pincer grasp, points and bangs two blocks together. He can put one object inside of another. He will begin showing preference for one hand.

Your child may say 1-3 meaningful words besides “mama” and “dada” correctly. He will imitate vocalizations, so continue to read to your child. As you bathe or dress him, name the various body parts (nose, eyes, hands); you will be astonished at your baby’s comprehension. Usually comprehension of speech is much more advanced than the ability to speak.

Your child understands the concept of object permanence. He plays social games, waves bye-bye, and may cooperate with dressing and feeding. Babies at this age should smile, respond well, vocalize and reach out. If not, there may be some developmental concerns.

Feeding / Nutrition

Drinking should be entirely from the cup now. Transition to whole milk should begin at this time. Baby should eat during family mealtime. Continue to expand his culinary horizons, offering essentially whatever you are eating. Children generally prefer any food they see coming from your plate. With the other foods he is eating, he will probably only need about 16-18 ounces of milk each day – this will provide enough calcium for growth. Try to stay away from the sugarcoated and popularly advertised cereals. Avoid force-feeding your child; you will lose. Hot dogs, peanuts, M&Ms, hard candy, grapes, lettuce and popcorn should be avoided as they pose a serious choking hazard.

Discipline

In general, don’t expect much; your child will not be able to obey consistently until around 3 years of age. Keep the rules simple and few. Have areas in the home that are safe and he won’t get

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Motrin (Ibuprofen) dose: _____

Tylenol (Acetaminophen) dose: _____

into trouble. Use gates, fences, cabinet locks and distractions as necessary. Good resources are Dr. Ed Christopherson's "Little People: Common Sense Guidelines for Child Rearing" and "Love and Logic, Magic for Early Childhood; Practical Parenting from Birth to Six Years" by Jim and Charles Fay.

Accident Prevention

This is the age when children "get into things." Make sure your home is childproofed. All cleaning fluids, fingernail polish, medications, perfume and toxic material should be in a locked cabinet or on a high shelf. Keep water heaters set at less than 120°. Inspect all toys and clothing; discard any items that are small enough to choke on or that have sharp edges. If an object can fit within a paper towel roll, it is considered a potential choking hazard. Water safety should be discussed with all family members. Baby should remain in a rear-facing car seat until two years of age or until he reaches the maximum height and weight recommended by the car seat manufacturer.

POISON CONTROL TELEPHONE NUMBER: 1-800-222-1222

Immunizations

MMR, Prevnar 13, Chickenpox and Hepatitis A vaccines and annual flu shot may be given at this age. Blood screening for anemia and lead exposure will usually be performed today if not previously done.

Fever

The most reliable way to monitor temperatures is with a rectal thermometer. Acetaminophen or ibuprofen may be used to reduce fever, but fever is not necessarily harmful. Call us if a fever of greater than 101° lasts more than two days, if the temperature exceeds 104° despite medication, or if you are worried about how your child looks or behaves.

Dental Care

Brush teeth twice daily with a soft toothbrush. We recommend a dental check-up at 12 months of age or after the first tooth arrives.

**NEXT VISIT:
15 months of age. He will receive
additional immunizations at this time.**

15 MONTH WELL-CHECK



Behavior and Development

Your child should be able to walk alone, stoop and recover, as well as start to walk backward. She will begin to walk up stairs and throw a ball overhand. She will imitate housework and help with simple household tasks. Your child will begin to scribble, stack blocks and remove clothing.

Toddlers this age have a 3-6 word vocabulary. They also use jargon and gestures to indicate wants. Your child should be able to point at 1-3 body parts on request. She should also be able to point at objects named in a book and attend to a short story. Continue to read to your child on a daily basis.

Feeding

Children at this age do not grow as fast as in the first year and may eat less. Offer a variety of nutritious foods (soft table foods); they will generally eat what they need for appropriate growth. Refrain from the sugar coated / high calorie/ low nutrition cereals. Your toddler should be able to use a spoon to feed herself at least sometimes. Try to eat meals as a family. She should have been off the bottle by 12 months and drinking from a sippy cup. Goal is 16-24 ounces of whole milk daily. Avoid juice and soda.

Discipline

At this age, temper tantrums begin to occur. These are best ignored. If this is not possible, realize that the child is out of control and desires to be back in control. The quickest way to obtain control is to remain calm, firm and consistent. Remove the child from the situation until she calms down. Spanking is not well understood at this age. Do not allow hitting, bullying or aggressive behavior. Positive individual attention is vital to behavior and development at this age.

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Motrin (Ibuprofen) dose: _____

Tylenol (Acetaminophen) dose: _____

Toilet Training

The average age is 30 months, so now is too soon. If your child's bowel movements occur at about the same time every day, you can try to set her on the potty chair at that time and you may get lucky. Try not to push the situation, and she will usually cooperate.

If BMs are unpredictable, don't force the issue. At 15-21 months, she will become aware of being wet; give it a name such as "peepee" or "tee-tee." In a few months, she may start saying the word just before or after she goes. If your child uses the potty, praise her; if not, don't punish her.

Accident Prevention

The child may fight the car seat, but it is increasingly important to restrain her in the car. At this age, your child may frequently get into things. Be sure all medicines, cords, sharp objects and small objects are out of reach.

POISON CONTROL TELEPHONE NUMBER: 1-800-222-1222

Immunizations

DTaP and HIB vaccinations are given at this age. Other immunizations can be "caught up" at this time.

NEXT VISIT:
18 months of age
She will receive her Hepatitis A booster at this time.

18 MONTH WELL-CHECK



Behavior and Development

Your toddler should be walking fast, be able to run stiffly, walk up stairs with a hand held, sit in a small chair, kick and throw a ball. He should be able to stack 3-5 blocks, place a ring on a cone, turn single pages in a book or magazine, and name some objects. Your child will mimic household chores and have a favorite doll/stuffed animal.

Your child should use a vocabulary of 4-10 words with specificity. He will start combining two-word phrases and understanding short sentences. He will be able to point at several body parts on request. Continue reading to him to enhance verbal skills.

Temper tantrums may become more common. “Little People: Common Sense Guidelines for Child Rearing” by Dr. Ed Christophersen and “Love and Logic, Magic for Early Childhood; Practical Parenting from Birth to Six Years” by Jim and Charles Fay are excellent books for early childhood rearing. These are easily read and have been a great help to many parents. Remember, you are your child’s most influential role model for development. Your child will model your behavior. Although all children will have their own temperaments and will act on impulse at this age, your child will also model your behavior. If you are volatile and physical, then your child will show this; if you are calm, gentle and loving, this will be a better example for your child.

Feeding

Your child’s weight may stay the same for several months. He may have only one good meal a day. Whole milk is still very important as 16-24 oz. can provide the necessary protein, calcium and fats that your growing child needs. Hot cereals are a good source of iron at this age. Consider a multi-vitamin for picky eaters. Avoid non-nutritive snacks such as cookies, sweets and carbonated beverages. Instead, choose fresh fruit and vegetables. Let your child feed himself and allow him to eat with his hands as well as with utensils. Wean from a sippy cup to a regular cup.

Ht: _____ % _____

Wt: _____ % _____

HC: _____ % _____

Motrin (Ibuprofen) dose: _____

Tylenol (Acetaminophen) dose: _____

Discipline

Keep rules simple and be consistent. Remove things when possible, instead of making them a point of temptation. Keep explanations simple; don't argue with your child. Avoid spanking your child. Instead, consider modified "time-out" – a bed or playpen restricted area – for no longer than two minutes. Plan to repeat time-out several times before he gets it. Try to have parental consistency when it comes to discipline.

Toilet Training

The average age is 30 months. There are several good books available to help, although it is important to use common sense.

Accident Prevention

If your child has learned how to climb out of his crib, move to a low bed. Keep him in a car seat in the back. Use grass, sand, or wood chips under outdoor play equipment. Never leave your child alone. Use sunscreen regularly, SPF 45. Insect repellent with 12% DEET can be safely used at this age; it will last about two hours. Only one application should be applied daily and rinsed off after use. Clothing can also be sprayed to avoid additional skin exposure.

**POISON CONTROL TELEPHONE NUMBER:
1-800-222-1222**

Immunizations

Hepatitis A vaccine is given. Other immunizations can be "caught up" at this time. Your child will still need yearly influenza vaccinations.

**NEXT VISIT:
2 years of age**