

TODAY'S VISIT: 1 MONTH WELL CHILD

NEXT VISIT: _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____, _____% HT: _____, _____% HC _____, _____%

DIET

- Breast milk or formula contains all the nutrients your baby needs at this time.
- Delay solids until 4-6 months AND baby stops tongue thrusting when fed.
- Vitamin D drops for breast fed babies – 400IU – ask your pharmacist to direct you to the many over the counter preparations available.

MEDICAL

- **Medical Home:** Unless life threatening emergency please call us 24/7/365 **before** going to the ER. If the office is closed, call the afterhours number that is given on the recording on our “the office is closed” message.

SAFETY

- Car seat: your baby must be in a car seat every time he or she is in the car. The seat must be rear facing until 2 years of age. Children should always be in the rear seat of the car.
- Pacifiers: decrease the risk of SIDS.
- Falls: Do not leave your baby alone on tables, sofas, beds, or other high places. Babies wiggle and can fall easily.
- Burns: never carry your baby and hot foods at the same time. Also, never hold your baby while cooking. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working.
- CIGARETTE SMOKING: Exposure to tobacco smoke, even if you smoke outside, increases your child's risk of SIDS (sudden infant death-crib death), asthma, allergies, dental cavities, ear infections, and colds. In addition, smoking increases the chance of your child having to deal with your early death from the complications of smoking, including cancer, emphysema, and heart disease. Smoking also increases the chance that your children will smoke. Give your child the gift of his or her health and yours - stop smoking today.
- SAFE SLEEP Put baby to sleep on his or her back, on a firm, snug- fitting mattress. Do not let baby sleep in an adult waterbed, bean-bag or sheep skin, or soft yielding bedding or comforters. Do not use crib bumpers or stuffed animals in crib.
- NEVER SHAKE YOUR BABY - if you are getting frustrated, put your baby in the crib, and walk out of the room. It is safer for your infant to be alone crying while you calm your frustrations. Newborns can be very frustrating, and, if you find yourself getting increasingly more frustrated or depressed, please come in and speak with us. Remember, asking for help is a brave thing to do and makes you a better parent for your child.
- Consider taking a CPR course.

SOCIAL

- Parents need some time off from caring for baby. A happy parent is the greatest gift you can give to your infant. Be sure to nurture all the relationships in your home.
- Remember to add your baby to your insurance. You must do this, it is not automatic, and follow up with the insurance company that this was indeed done. Mistakes are relatively common and these mistakes can be very costly to the family.
Do not delay!