

TODAY'S VISIT: 2- 3 MONTH WELL CHILD CARE**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

- Formula or breast milk is your baby's most important "food" until 12 months of age.
- Delay solids until at least 4-6 months AND baby stops tongue thrusting when fed.
- Call the office if your baby is drinking more than 38 oz of formula per day.
- Sterilization of bottles is no longer needed; just wash them thoroughly with soap and water.

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.

VACCINES

- **DUE: DTaP, POLIO, HIB, PREVNAR, HEP B and ROTAVIRUS**
- All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. DTaP and Prevnar may cause fever for 48 hours in 15% of babies. Acetaminophen may be used if **absolutely** needed, since its use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees. These mild reactions may be treated with children's (**NOT INFANT**) **acetaminophen** 160/5ml () ml every 4 hours as needed for fever > 101 degrees.

GENERAL MEDICAL CARE

- Pacifiers are recommended until 12 months of age to help prevent SIDS (sudden infant death syndrome).

SAFETY

- **Car seat:** All infants and toddlers should ride in a **Rear-Facing Car Seat** until they are 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.
- **Sleep:** your baby should continue to sleep on his or her back or side to reduce the risk of SIDS.
- **Falls:** Your baby is becoming more mobile. NEVER leave your baby alone on a sofa, bed, changing table, or other high places. Use a safety harness in highchairs, strollers, and swings.
- **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 properly.
- **Choking:** Remove any small items from your baby's environment. Learn CPR.
- **Drowning:** NEVER leave your baby without an adult's hand physically on him or her around any water.
- **Walkers:** NEVER!!!!!!! 75% of all babies get injured in them.

SOCIAL/DEVELOPMENT

- **Read and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should never be watching T.V. or any other digital media at any time - this includes educational programs!