

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. Max formula 32 oz/day
- Add 1 new food no more than every 4 days, **by spoon only**. At first feed twice daily but after 6 months increase to 3 meals daily.
- No honey until 12 months. **No juice ever** – not even 100% juice. Juice leads to childhood obesity and cavities
- **The food progression is as follows:**
 - * Always start with **cereal alone**. (4 TBSP. mixed with formula or breast milk) Again by spoon only, not in the bottle unless we tell you to do that. You may use rice, oatmeal, or barley.
 - * **5-9 months** after cereal is introduced start pureed food in this order:
 - yellow /orange vegetables –simple fruits (apples, pears, banana, peaches) -green vegetables-dairy (yogurt, cottage cheese, ricotta cheese)
 - Starches (potatoes, pasta, beans, lentils)-egg yolk. Babies without significant eczema/atopic dermatitis should be introduced to **peanut butter** to avoid allergies later in childhood
 - * **9 months**
 - meats, fish, and start transitioning to more table foods
 - * **11-12 months**
 - table food, including whole eggs, cut up to the size of baby's pinky nail

VACCINES

- **DUE: DTaP, POLIO, HIB, PREVNAR 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

- Establish a **bedtime ritual** for your baby. Place your baby to bed while he or she is still somewhat awake so that the baby will learn to fall asleep without you, the breast, or the bottle.
- **Pacifiers** are recommended until 12 months of age to prevent sudden infant death syndrome.
- **Teething pain** may be soothed with a wet washcloth that is partially frozen. This cloth can be used on sore gums. For severe pain, you may give acetaminophen occasionally. Avoid biter biscuits, due to choking risk. Avoid topical gels to gums as they may decrease the gag reflex.

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.
- **Falls:** Your baby is becoming more mobile: put your baby in a safe place when you cannot hold him. A bed, sofa, or table is **NEVER** safe. Babies will fall!! Use a safety harness in highchairs, strollers, and swings.
- **Burns:** Your baby will bat at everything. 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.
- **Sun protection:** You may use sun block, but no more than SPF 30. Sun protective clothing is a good alternative to sunblock.
- **Choking:** It is time to start removing all small objects from your baby's environment. Strongly consider taking a CPR class.
- **Drowning:** Never leave your baby without an adult's hand physically on him or her around any water.

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.
- **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!