



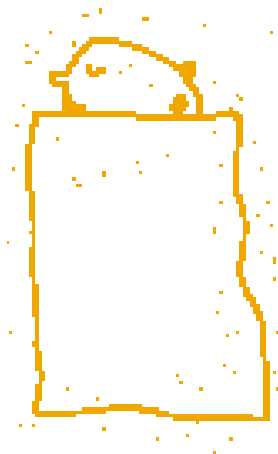
Name _____

DOB _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about how things are going with your new baby.
- Your baby will have a physical examination.
- Your baby's hearing will be tested.
- Your baby will have a blood test.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- How you are feeling after your delivery.
- Questions you may have about feeding your baby.
- Caring for yourself: getting plenty of rest, eating healthy foods. (If breastfeeding, ask questions about drinking plenty of fluids, relieving breast engorgement or tenderness, caring for nipples.)
- Your arrangements at home for the new baby.
- Who to turn to when you have questions about your baby's care.
- Any other topics you may want to discuss.

Notes:



Name _____

Bright Futures

Things to Keep in Mind Between Now and the Next Visit

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer's instructions.
- The back seat is the safest place for children of any age to ride.
- Never place your baby's safety seat in the front seat of a vehicle with a passenger air bag.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on her back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- If breastfeeding: Hold your baby and get him to latch on properly. Feed on demand 8–12 times a day until he seems content. Expect six to eight wet diapers daily.
- If bottlefeeding: Use iron-fortified formula, and review formula preparation and feeding techniques. Hold your baby in a semi-sitting position.
- Do not warm bottles in a microwave.
- Learn cord, circumcision, skin, and nail care and signs of illness.
- Try to comfort your baby by holding, cuddling, or rocking her.
- Rest while your baby is sleeping; realize there may be times when you feel tired, overwhelmed, or blue.



How to Prepare for the Next Visit

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby's sleeping and eating behaviors.
- Note changes in your own feelings and well-being.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing may be checked.
- Your baby may have a blood test.
- Your baby may receive an immunization.

Notes: