



Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Length \_\_\_\_\_



**At Today's Visit**

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- You may be asked about your baby's possible exposure to lead.
- Your baby may be checked for anemia (iron-poor blood).
- Your baby may have a blood test.
- Your baby may receive one or more immunizations: hepatitis; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

**Things You May Want to Discuss During This Visit**

- Your baby's eating and sleeping habits.
- Childproofing your home and checking for hazards.
- Your baby's increasing independence.
- Keeping up with your baby.
- Finding time for yourself.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.



\_\_\_\_\_  
\_\_\_\_\_

**Notes:**



Name \_\_\_\_\_



### Things to Keep in Mind Between Now and the Next Visit

- Continue to use a rear-facing safety seat in the back seat of your car.
- Do not put your baby in a baby walker at any age.
- Do not give your baby foods that could cause choking, such as peanuts, popcorn, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, tough meat, or large pieces of food.
- Supervise your baby while he is eating.
- Brush your baby's teeth with a soft toothbrush and water only.
- Talk, read, and sing to your baby.
- Play games with your baby (pat-a-cake, peekaboo); provide safe toys.
- Encourage your partner and your other children to help out with the baby.
- Join play groups and parent support groups.



### How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions about your baby's development (eating, temperament, activity level, thumbsucking, or use of pacifier).
- Be prepared to discuss any reactions or side effects your baby has had as a result of immunizations.
- Talk with family members and the baby's other caregivers about issues they might want you to raise with the health professional.
- 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.
- You may be asked about your baby's possible exposure to lead.
- Your baby may be checked for anemia (iron-poor blood).
- Your baby may have a blood test.
- Your baby may be tested for tuberculosis.
- Your baby will receive one or more immunizations.

### Notes: