



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.
- Your baby's hearing may be checked if it wasn't tested earlier.
- 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

- Your baby's personality.
- Your baby's fussy periods; how to comfort your baby.
- Your baby's sleeping habits.
- Questions or concerns about breastfeeding or bottlefeeding.
- Dealing with feeling tired or blue.
- Plans to return to work or school.
- 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

- Put your baby to sleep on his back or side (back is preferred); avoid the use of soft bedding.
- Test bath water temperature with your wrist to make sure it's not too hot.
- Do not drink hot liquids or smoke cigarettes while holding your baby. Keep your home and car smoke-free.
- Be sure your baby is gaining weight.
- Keep small and sharp objects and plastic bags out of reach.
- Delay giving solid foods until your baby is 4–6 months old. Do not put cereal in her bottle.
- Do not put your baby to bed with a bottle or prop it in his mouth.
- Try to console your baby when she cries; crying may peak at 6 weeks of age.
- Wash your hands frequently, especially after diaper changes and before feeding your baby.
- Have your postpartum checkup; discuss family planning with your partner and the health professional.
- Think about child care arrangements and how they will meet your baby's and your family's needs.



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.
- Note changes in your baby's eating and sleeping behaviors.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Talk with family members and your 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.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby will receive one or more immunizations.

Notes: