



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 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

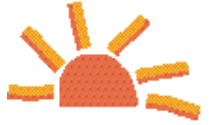
- Your baby's personality.
- Your baby's fussy periods; how to comfort your baby.
- Questions or concerns about breastfeeding or bottlefeeding.
- How to deal with feeling tired or blue.
- Getting enough rest and time for yourself.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit



- Use a rear-facing infant safety seat in the back seat of your car.
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Learn signs of illness: fever; seizure; skin rash; unusual irritability or lethargy; failure to eat; vomiting; diarrhea; dehydration; jaundice (yellowing of eyes and skin); apnea (long pauses in breathing).
- Never, never shake your baby.
- Keep your home and car smoke-free.

- Do not put your baby to bed with a bottle or prop it in her mouth.
- Do not warm bottles in a microwave.
- Try to console your baby when he cries; crying may peak at 6 weeks of age.
- Hold, cuddle, and rock your baby; talk and sing to her.
- Encourage your partner to help care for the baby.
- Accept support from friends and family; learn about parent support groups.
- Schedule a postpartum checkup.

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.
- Be prepared to share information about safety in your home and neighborhood.
- Complete and bring in any questionnaires or forms given to you by 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 may receive an immunization.

Notes: