



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 will receive one or more immunizations: hepatitis; DTaP; Hib; 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 daily activities.
- Questions about breastfeeding or bottlefeeding.
- Foods your baby is eating and any reactions to them.
- Concerns about your baby's hearing or vision.
- Balancing the roles of partner and parent.
- Child care arrangements.
- Some things your baby can do now that he 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.
- Childproof your home. Keep small and sharp objects, plastic bags, hot liquids, poisons, medications, outlets, cords, and guns out of reach.
- Always keep one hand on your baby, and do not leave her alone in the bathtub or on high places.
- 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.
- Do not put your baby in a baby walker at any age.
- Ask your dentist about infant fluoride supplements.
- Provide opportunities for safe exploration and play games with your baby (pat-a-cake, peekaboo).
- Keep your home and car smoke-free.

**How to Prepare for the Next Visit**

- Take some time to think about ways to make your next visit even better.
- 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.
- Think about your own well-being and be prepared to discuss any concerns.
- Be prepared to provide information about changes in your family (births, deaths, marriages, divorces, losses of income, moves).
- 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 receive one or more immunizations.

Notes: