



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 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 sleeping habits and schedule.
- Observations about your baby's vision and hearing.
- Making time to go out without your baby.
- Spending time with other parents and babies.
- Changes in your family since your last visit.
- Questions or concerns about breastfeeding or bottlefeeding.
- How your other children have adjusted to the baby.
- Some things your baby can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

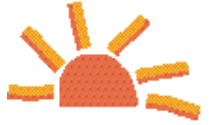


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\_\_\_\_\_

**Notes:**



Name \_\_\_\_\_



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

- Put your baby to sleep on her back or side (back is preferred); avoid the use of soft bedding.
- 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 his bottle.
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Wash your hands often, especially after diapering and before feeding your baby.
- Learn your baby’s temperament. Hold, cuddle, and rock your baby; talk and sing to him.
- Always keep one hand on your baby, and do not leave her alone in the bathtub or on high places.
- Consider attending parent support groups or parenting classes.
- Take time for yourself and time with your partner.

**How to Prepare for the Next Visit**

- Take some time to think about ways to make your next visit with the health professional 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.
- Bring in the Individualized Family Service Plan if your baby has special needs.
- Update your baby’s health and immunization records.
- Be prepared to discuss your baby’s possible exposure to lead, tuberculosis, violence, or other hazards.
- 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 will receive one or more immunizations.



**Notes:**