

Things to Keep in Mind, continued:

- Give your baby “tummy time” when they are awake to help the baby begin to lift the head and learn to play on their tummy. This is important for future rolling and crawling.
- Never leave your baby alone on the bed, sofa or while bathing.
- Your hot water heater should be set for less than 120 degrees to prevent scalding or burns from hot water.
- Accept support (but not unwanted advice) from friends or family.
- Make sure your house or apartment has a smoke detector on each level.
- Keep hot liquids and cigarettes away from baby; they could burn the baby.
- All smokers should smoke outside of your house or apartment.
- Think about child care you may need for work or school.

WHEN TO CALL YOUR DOCTOR OR NURSE PRACTITIONER

All babies get sick. It does not mean you did anything wrong. Call the nurse if your baby:

- Seems to lack interest in breast or bottle feeding, or if your baby’s appetite suddenly decreases.
- Vomits most or half of the feedings in one day.
- Has bowel movements more often than usual, especially watery stools; call if your baby is having stools more often than after each feeding (6-8 each day).
- Has fewer wet diapers than usual.
- Doesn’t seem to be as active, wants to sleep more or is hard to wake up.
- Cries more often, or seems more fussy and cannot be calmed in the usual way.
- Has trouble breathing. Baby may breathe faster, pull in chest deeper or breathe noisily.
- If your baby’s temperature is 99 degrees or higher, take it again by rectum (baby’s bottom) for a more accurate reading. Call the clinic if it is 100 degrees or higher, and your baby is less than 2 months old. If it is more than 101 and your baby is older, call the clinic.
- Color looks pale, bluish or marbled.

AT 1 MONTH



TO CONTACT YOUR MEDICAL HOME:

1 MONTH VISIT

Weight _____ Length _____

Today's Visit

- You and your provider will talk about your baby's growth and development.
- Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your baby's personality.
- Your baby's fussy periods & how to comfort your baby.
- Questions or concerns about breastfeeding or bottle feeding.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Bring in questions about your baby's sleeping and eating behaviors.
- Keep a list of topics you would like to discuss at your next visit.
- Don't forget to bring your child's Medicaid or insurance card.

What to expect:

- Your baby will have a physical examination.
- Your baby will receive immunizations.

Things to Keep in Mind:

- Place your baby on his back to sleep, and use a firm mattress. No pillows or heavy quilts should be in the crib.
- Use a car seat in the back seat of the car; make sure the seat is securely belted into the car and facing backward.
- Make sure your crib is safe (slats no more than 2-3/8 inches apart).
- Do not put your baby to bed with a bottle or prop it in its mouth. Propping leads to swallowing more air, spitting up and even choking; it can also cause ear infections.
- Your baby will thrive on formula or breast milk; do not give your baby juice or solid food.
- Try to comfort your baby by holding, cuddling or rocking him; console your baby when he cries. Crying may peak at about 6 weeks of age.
- Do not give your baby Tylenol until they are 2 months old or you are instructed to do so by your child's provider