

WELL CHILD VISIT



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DEVELOPMENT

Daily Activities:

- Your baby is learning to use his/her eyes and ears.
- Smiling faces and gentle, pleasant voices are interesting.
- Many mothers find the new baby brings a lot of new work. Help from fathers, family and friends is very important during this time.
- It is common for your baby to sleep 16 or more hours per day.
- Healthy babies should be placed on their backs to reduce the risk of SIDS.

Motor Skills:

- Movements may appear jerky, this is normal.
- Your baby is not expected to support its head yet.
- The grasp may be present at birth.

Vision:

- May follow moving objects with eyes.
- Explores surroundings with eyes.

Hearing:

- Turns in direction of some sounds.

Newborn

Congratulations on your new addition. This introductory visit will allow us to gather information about your baby. There are no immunizations today.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

Birth Wt. _____

The percentages above will compare your child to other children of the same age and sex. The number allows us to closely monitor growth.

FEEDING

- Your baby needs only breast milk or infant formula for healthy growth. We recommend feeding your baby every 2-3 hours. By feeding frequently, we hope to help your baby sleep longer stretches very soon. Now is not the time for cereal or juices. We'll cover solids in detail at the 4-month visit.
- Always hold your baby during feeding time. It is a great way to show love for your baby. Never prop the bottle.

SAFETY TIPS

- Never leave your child alone, except in crib.
- Use a crib with slats not more than 2 3/8" apart.
- Place your baby in the bed on his/her **back ONLY**.
- Keep pillows, animals and extra blankets out of the crib. Keep crib sides up.
- Never eat, drink, or carry anything hot while you are holding the baby.
- Set water temperature to 120°F (50°C).
- Never allow smoke near your baby.
- Use an approved infant car safety seat. Follow instructions for proper installation. Parents should wear seat belts to set good example.



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YOUR NEXT VISIT:

- Return in one month- at that time, we will review feedings, growth and development. We will also perform a physical exam. Mothers will be asked to complete the Edinburgh screening for post-partum depression at 1, 2, 4, and 6 months.
- A weight check or two as baby regains birth weight. The number of weight checks needed varies from patient to patient.

TIPS:

Packing the diaper bag (essentials):

- Diapers and wipes
- 1-2 extra outfits/bibs
- Blanket (even in summer)
- If formula fed: enough formula for at least one more feeding than you anticipate
- If breastfed: full water bottle and snacks for mom
- Any medications

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later as they continue to grow and learn.

CALL US IMMEDIATELY IF:

- Your baby develops a fever over 100.5 axillary (oral)
- Your baby is irritable, and you cannot calm him/her

A LITTLE NOTE:

Almost all babies develop nasal congestion during the 3rd or 4th week. This is usually normal and does not mean your child is ill. We recommend saline irrigation and a bulb syringe as the best treatment. Saline solution can be made at home by combining 8 ounces of water with ¼ tsp. table salt and a pinch of baking soda. This may be kept in the refrigerator for several days.

CONSTIPATION: WHAT IS IT?

Although we hope our children will pass 1-2 bowel movements every day, we do not become concerned unless your child has not passed any bowel movement for 4 days. Frequently only patience is required. Call us if you need further help.

FEEDINGS	VOIDS/DAY	STOOLS/DAY

HOSPITAL	
WEEKS GST	
V/C	
BIRTH WT	
HEP B	
COMPLICATIONS	