

# 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 3<sup>rd</sup> or 4<sup>th</sup> 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	