

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____%) _____ pounds
Length: _____ cm (_____%) _____ inches Head Circ: _____ cm (_____%)

Caring for your infant:

Teething: Teething is common at this age. Teething may cause a low grade fever, loose stools and fussiness. You can give your infant Tylenol for comfort, as well as chewable objects that will not injure the gums.

Dental Care: Keep teeth clean with a washcloth, or a soft toothbrush and water only. Your baby will continue a fluoride supplement as well.

Setting limits: use a verbal “no,” distract, and remove objects from your child’s sight. Never use physical punishment. Be consistent. Provide for safe exploration of new places and things.

Stick to a bedtime routine: Give your infant a bath, cuddle or feed, read a book and put your infant to sleep. Place your baby in the crib when drowsy, before he/she is completely asleep. Remember, no bottles in bed! Babies at this age can sleep through the night. If your baby wakes up at night and cries, check for safety and comfort of your baby. Allow your baby to put him/her self back to sleep.

Self-soothing behavior: Many normal babies will engage in thumb sucking, ear pulling, hair pulling, and head banging at this age. Thumb sucking will not harm your infant’s teeth at this age.

Smoking: Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby’s health, if you smoke, consider quitting. If you cannot quit, shower prior to holding your baby, to remove second-hand smoke from skin and hair.

Development and your baby: Over the next few weeks, you can expect your baby to

- Creep, crawl and pull to a stand
- Bang objects together and clap; throw and drop toys
- Play peek-a-boo and pat-a-cake
- Start to drink from a cup
- Respond to own name, understands a few words
- Show pleasure interacting with parents and primary caregivers and have anxiety around strangers
- Use thumb and fingers to poke and pick things up

To promote these skills:

- Talk to your baby: make different sounds; talk about things in the environment around the baby; listen to music and sing
- Read to your baby: Books with big, bright pictures with hard pages are best for this age. It is okay if the baby puts the book in his/her mouth.
- Provide age appropriate toys for play: Plastic toys to bang together, interactive toys, a rubber ball, measuring cups or spoons; you do not need to spend a lot of money on toys.



Safety: Your home should be “infant and child safe” – ask your doctor for a **home safety checklist**

1. **Crying: IT IS NEVER OKAY TO SHAKE, HIT, OR PUNCH YOUR BABY.** Shaking can badly damage your baby’s brain. If you are frustrated with your baby when the baby is crying, call a friend, a family member, or the pediatric clinic for help.
2. **Falls and injuries:** Never leave your baby unattended on an elevated surface or in the bath tub. Always keep crib rails up when your baby is in the crib. Lower the crib mattress as your baby grows. Keep the crib away from windows and curtain cords. Remember to put gates at both the top and bottom of stairways.
3. **Choking:** Avoid toys with small parts that can fall out/off or be removed. Select toys that are made of smooth wood or soft, strong plastic. Remove mobiles from the crib when your baby is able to sit on his/her own. Avoid toys or pacifiers with elastic, string, or ribbon because they can strangle your baby.
4. **Burns:** Your water heater should not heat water above 120°F (49°C). Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly.
5. **Car accidents:** The safest place for an infant car seat is in the center of the back seat, facing the rear of the car until your baby is **20 pounds and 1 year old**. Your baby should always ride in a properly-installed car seat, even on short trips. Never leave your child alone in the car, not even for “just a second.”
6. **Sun:** Keep your baby in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
7. **Avoid infant walkers:** Infant walkers are a known safety hazard and can lead to delays in motor development. The use of play saucers, however, is safe and entertaining.
8. **Drowning:** Never leave your child alone or with another child *in or near* a bathtub, bucket of water, or swimming pool.

Illness concerns:

- **Fever:** Fever is a common reason for bringing infants to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your infant Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your child should be brought to the ER if he/she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, vomits anything green or bloody, is working hard to breathe, is dehydrated or has less than one wet diaper every 6-8 hours, or for other parental concerns.
- **If you are not sure if your child needs to be seen in the ER after clinic hours, call the Okinawa Clinical Answering Service line (643-4245) for advice from a health care professional.**

Your child’s Tylenol dose is _____ mg or _____ ml of Tylenol infant drops (80 mg/0.8 ml) every 4 hours
Your child’s Motrin dose is _____ mg or _____ ml of Children’s Motrin (100 mg/5 ml) every 6 hours

Immunizations

There are no scheduled vaccines at this visit, unless your child is missing one or is behind on their immunizations. The influenza vaccine is recommended for all children over 6 months of age during Flu season.

Next Visit

Bring your child in at 12 months of age for an exam and vaccinations. Always bring your child’s immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.

Please visit our web site
www.med.navy.mil/sites/nhoki/Patients/PrimaryCare/Pages/pediatric.aspx