

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

Parent-Infant Interaction:

Teething: Teething may begin at this age, although it can range from 1-12 months. Teething may cause a low grade fever, loose stools and fussiness. You can give your infant Tylenol for comfort.

Establish a bedtime routine: Give your infant a bath, cuddle or feed, read a book and put the baby to sleep on his or her back. Place your baby in the crib when drowsy, before he/she is completely asleep. Do not put your infant to bed with a bottle, as this can cause cavities.

Night time awakenings: Sleep patterns are highly variable, but many babies begin to sleep through the night at this age. If your baby wakes up at night and cries, check for safety and comfort of your baby. Avoid picking the baby up and playing with him or her. Many babies can wean from their night time feed at this age. Allow your baby to put him/her self back to sleep.

Smoking: Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS (Sudden Infant Death Syndrome), 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 infant, to remove the second-hand smoke from skin and hair.

Take time for yourself: Arrange an activity with friends, without your baby. Leave your baby with a trusted, competent sitter. Allow yourself to vent about natural frustrations.

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

- Hold head steady when held sitting and to sit with support
- Roll from front to back
- Pick up objects, or reach for, and grasp objects with one hand and to put objects or toys in mouth
- Laugh, smile, and squeal, coo and gurgle and to turn head toward voices
- Show pleasure interacting with parents and primary caregivers and recognize familiar adults
- In the prone position: your infant can lift his/her head, neck and upper chest with forearms for a longer period of time

To promote these skills:

- Talk to your baby: make different sounds; talk about things in the environment around the baby; listen to music; play "peek-a-boo" and other infant games.
- Read to your baby: It is never too early to start reading 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 tummy time for your baby every day. This helps your baby develop the muscles in his/her chest and neck, and prepares him/her for crawling.



Safety:

1. **Crying:** Crying is common at this age. **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, please put your baby in a safe place, like the crib or playpen and give yourself a "time-out." Call a friend, a family member, or the pediatric clinic for help.
2. **Falls and injuries:** Your baby is learning to roll. Never leave your baby unattended on the changing table, bed, couch, or other high place, even for a second. Always keep crib rails up when your baby is in the crib. Keep the crib away from windows and curtain cords.
3. **Choking:** Be aware of the good, yet potentially unsafe, intentions of older children who may give your baby inappropriate toys or food. Avoid toys with small parts that can fall out/off or be removed. Good toys include soft, washable toys larger than a toilet paper roll and without removable parts or sharp edges. Infants at this age enjoy toys that make noise when picked up, like rattles. Avoid hanging toys or pacifiers with elastic, string, or ribbon because they can strangle your baby.
4. **Burns:** Always check your baby's bath water temperature with your hand before placing your baby in it. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Protect your baby from damaging rays of the sun.
5. **Car accidents:** Your baby should always ride in a properly-installed car seat, even on short trips. The car seat should face the rear until your baby is **20 pounds and 1 year old**. The safest place for an infant car seat is in the center of the back seat. Never place the car seat in the front seat. Never leave your child alone in the car, not even for "just a second."
6. **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.
7. **Sudden infant death:** To prevent sudden infant death, always put your infant to sleep on his/her back. Keep your infant's sleep area clear of soft mattresses, fluffy bedding, pillows and soft toys. Do not smoke, and if you do, quit today.
8. **Home safety checklist:** Your infant is getting ready to crawl and explore the world. Now is the time to make sure your home is infant and child safe. Ask your pediatrician for a safe home checklist, so you can be ready for your curious and exploring infant.

Illness concerns:

- **Fever:** Fever is a common reason for bringing infants to the emergency room or clinic. For infants over two months who have received their first set of immunizations, if your child has a fever, but is otherwise acting well, you may give your infant Tylenol. If the fever is greater than 102.5 or lasts greater than 24 hours, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your infant 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.

Your child's Tylenol dose is _____ mg or _____ ml of Tylenol infant drops (80 mg/0.8 ml)

Immunizations:

- Your infant will receive four vaccinations today. Rotateq, Prevnar, Pediarix (Dtap, Hep B, and IPV) and HIB.

Next Visit

Bring your baby in at 6 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.