

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

Caring for your infant:

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, 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.

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 dental cavities.

Night time awakenings: Most babies can 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. Allow your baby to put him/her self back to sleep. If your infant is not sleeping through the night at this age, ask you doctor for further information about preventing further sleep problems.

Self-soothing behavior: Many normal babies will engage in thumb sucking, ear pulling, hair pulling, and head banging at this age. Talk with your doctor if you have concerns about these behaviors. 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 hair and skin.

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

- Roll from front to back and back to front
- Put a toy in one hand, and transfer the toy to the other hand
- Babble (baba, dada, gaga) and squeal; begin to respond to own name
- Look for objects after they disappear from sight
- Sit with support and have no head lag when pulled to sit
- Stand and bear weight when placed
- Show pleasure interacting with parents and primary caregivers and have anxiety around strangers
- In the prone position: work to get toy, move into a crawling position



To promote these skills:

- Talk to your baby: make all 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 your baby: musical toys, stuffed animals, measuring cups or spoons; you do not need to spend a lot of money on toys
- Play with your baby everyday!

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.
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 their own. Avoid 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). 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 care 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. **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.

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. 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)

Your child’s Motrin dose is _____ mg or _____ ml of Children’s Motrin (100 mg/5 ml)

Immunizations

- Your child will receive four vaccinations today. Rotateq, Prevnar, Dtap and HIB. The Influenza vaccine is also recommended at this age during Flu season.

Next Visit

Bring your baby in at 9 months of age for an exam and any missing 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.