



1-2 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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What will happen today:

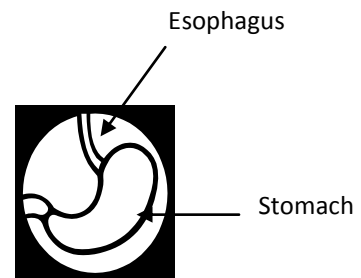
- You and your medical provider will talk about parenting, your home, your baby's health and safety, and keeping your baby happy and healthy
- Your baby will be weighed and measured
- They may get their first set of shots
- Your medical provider will address any concerns you have

Crying is Common:



- Babies cry when they are hungry, wet, tired, or lonely
- It could also mean they have stomach pain from gas
- Help your baby self-calm by swaddling or using the pacifier
- It is not possible to spoil your baby by holding them at this age
- Never, never shake your baby!
- Call the medical provider if your baby does not respond to what usually soothes them

It is very common for women to have a shift in mood after delivery and feel sad. If you do not feel able to take care of your baby, ask for help.



Reflux:

- Reflux is very common and normal
- This means having frequent spit-ups
- It is when formula or food in the stomach comes back up into the esophagus
- The esophagus is the tube that connects the mouth with the stomach
- If your baby has reflux, you should burp them after every 1-2 ounces of formula or 10 minutes of breastfeeding
- You should also be sure not to overfeed them. Start with 2 ounces every 2-3 hours




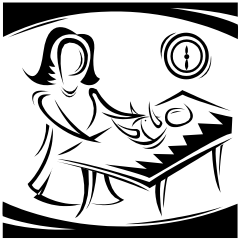


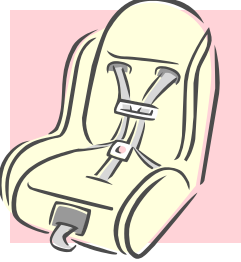
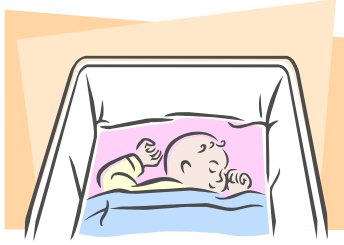



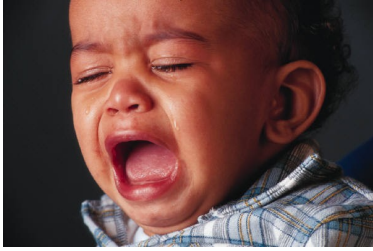


Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 1-2 Month Olds

Development	 <p>Your baby will start making eye contact with you</p>	 <p>They should be turning to sounds</p>	 <p>Your baby will start to smile & coo</p>
Safety	 <p>Prevent falls; never leave your baby alone on a table or bed</p>	 <p>Make sure your baby is supervised at all times while taking a bath</p>	 <p>If you are feeling frustrated, take breaks. Put your baby in their crib or have a family member watch them</p>
Safety	 <p>Install a car seat in the back seat facing the back</p>	 <p>Have your baby sleep on their back and only sleep in a crib or bassinet</p>	 <p>Do not give your baby any medicine before talking to the doctor</p>
Call the doctor for:	 <p>Fever (100.4 F)</p>	 <p>Excessive vomiting or diarrhea</p>	 <p>Unusual crying</p>

It's VERY important that you talk to, read to, sing to, and pay attention to your baby ALL waking hours

At the next visit:

- Your baby will have a physical exam
- They may receive shots

