



SOUTHWEST
CHILDREN'S
CENTER

TODAY'S DATE _____

WEIGHT _____ lbs _____ oz (_____ percentile)

HEIGHT _____ in (_____ percentile)

HEAD CIRCUMFERENCE _____ cm (_____ percentile)

IMMUNIZATIONS

AAP recommended vaccines for today's visit:

- Hepatitis B
- Pneumococcal Conjugate
- Rotavirus (oral)
- Pentacel (DTaP, IPV and HIB)
 - DTaP (diphtheria, tetanus, and pertussis)
 - IPV (Polio)
 - HIB (haemophilus influenzae)

If needed, you can give your baby acetaminophen (Tylenol) after his vaccines. Please reference our office's dosing sheet.

NUTRITION

Babies at this age receive all their nutrition from breast milk or formula.

- If your baby only drinks breast milk or drinks fewer than 32 ounces of formula each day, she should take 400 international units (IU) of vitamin D daily. You can purchase a vitamin D supplement over the counter. Ask your pediatrician for details.
- Do not prop bottles in your baby's mouth.
- Unless instructed by your pediatrician, do not give your baby solids or add cereal to his bottles.
- Do not give your baby honey until one year of age.

DEVELOPMENT

All babies develop at their own rate. At this age, you may notice that your baby:

- Smiles and coos at you
- Turns her head towards your voice
- Follows an object with her eyes
- Raises her head when lying on her tummy
- Shows better head control
- Grasps a rattle briefly

Unexplained crying spells and colic are still normal at this age. Be patient—this will improve over the next one to two months. Swaddling, rocking and cuddling may soothe your baby.

—REMEMBER—

Ask family and friends when you need help.

PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Talk, read, and sing to your baby
- Play music for your baby
- Hold and cuddle your baby often
- Place your baby on his tummy during playtime
- Create a consistent bedtime routine

Your baby at



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SAFETY

Please keep these safety guidelines in mind:

- Set your water heater to 120°F so you will not burn your baby.
- Always put your baby to sleep on her back. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets, and toys away from your baby while she sleeps.
- Never leave your baby alone in a car, bath or on high surfaces such as a changing table.
- Never tie a pacifier or put jewelry around your baby's neck.
- Make sure that the smoke and carbon monoxide detectors in your home work properly.

DO NOT LEAVE YOUR BABY UNATTENDED ON CHANGING TABLES AND BEDS.

FAMILY

Older brothers and sisters may become jealous of the new baby. Spending time alone with your older children will help.

Try to find time for you and your partner to be alone. Taking care of yourself will allow you to take better care of your family.

SLEEP

Babies' sleeping habits vary at this age. Generally they sleep between 4 to 6 consecutive hours at night. Create a consistent bedtime routine for every night. This may include a massage, bath, change of clothes, quiet songs or reading a story.

Also, start to put your baby down while he is drowsy, but still awake. This will teach your baby how to put himself to sleep, ie. self-soothe. If you have questions about your baby's sleep, talk with your pediatrician.

ADDITIONAL RESOURCES

American Academy of Pediatrics: aap.org

Immunization information: immunize.org or cdc.gov

WHEN TO CALL US

Call us if you have ANY questions or concerns. No reason is too big or small when it comes to your child's health. Our triage nurses are prepared to answer any and every question you may have at (210) 614.8687.

YOUR NEXT VISIT

What to expect between now and your next visit:

- More and more smiles and coos.
- Increased upper body strength and neck control. No rough housing yet, continue to be gentle.
- Improved routine with more sleeping at night, generally a 4 to 6 hour stretch, and more awake time during the day.

Your next visit will be: **Age 4 months**