

Your baby at



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:

- 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 are still primarily taking breast milk or formula as their nutrition source. Your pediatrician might have you introduce solids at this visit.

Be aware that your baby's bowel movements will change after you start him on solid foods. His stools may become more solid, vary in color (based on what your baby has eaten), smell more, and become more or less frequent.

Keep in mind that night feedings are still normal, but should be lessening.

DEVELOPMENT

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

- Smiles and laughs more often
- Initiates interaction with others
- Drools (not always a sign of teething)
- Brings hands together and to her mouth
- Rolls over from her tummy to back
- Grabs objects in close proximity to her hands

SLEEP

Babies' sleeping habits vary at this age. Generally they sleep between 6 to 8 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.

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FAMILY

Mom may have returned to work or will soon. It is normal for her to feel anxious or guilty about leaving her baby with someone else during the day. It will take time for her and the baby to adjust. She should be encouraged to talk with friends and family about her feelings. She may also need to speak with her employer if she needs a place to pump breast milk at work or if she has to change work hours to fit the family's needs.

Postpartum depression can happen at any time during the first year. If moms feel sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at postpartum.net.

PROMOTING DEVELOPMENT

Encourage your baby to play on his tummy a few times every day to help build muscle strength.

Join your baby in play such as reading, sitting together outdoors, talking or cuddling.

DO NOT ALLOW YOUR BABY TO WATCH TV OR BABY VIDEOS.

SAFETY

Please keep these safety guidelines in mind:

- Always put your baby to sleep on her back on a firm mattress. However, if your baby turns over by herself, you do not need to keep turning your child over throughout the night.
- Keep pillows, bumpers, blankets and toys away from your baby while she sleeps.
- If you are worried about violence in your home, please speak with your pediatrician or contact the National Domestic Violence Hotline at 1.800.799.7233 or ndvh.org.

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

Between now and your next visit, you can expect your child to:

- Begin sleeping through the night
- Start to squeal
- Sit with support
- Roll from his back to his tummy

Your next visit will be: **Age 6 months**