

**Pediatric Associates of North Texas  
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Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % Head \_\_\_\_\_ %

**ONE-MONTH VISIT**

Always buckle baby into car seat. Make sure the car seat is installed correctly.

Never leave baby alone with pets and/or young siblings.

Place baby on back or side to sleep. Never put baby on waterbed, bean bag, or anything soft enough to cover face and block air to nose and mouth.

Bath: Check water temperature; never leave baby alone in bathtub.

Crying may increase late in the day.

Breast-feeding: Feed 8-12 times a day, 10 minutes on at least one side/feeding; baby should be having 8-12 wet diapers/day.

Polyvisol 1cc/day for breast fed infants.

Formula feeding: Prepare formula according to directions on container; demand schedule. Use formula with iron.

Some spitting up after feeding is normal but should not be projectile vomiting; always burp baby well.

Fever is unusual before two months of age; call office if baby has a fever over 99.5 degrees F under the arm, or 101 degrees F rectal

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

HEP B

**INSTRUCTIONS**

Return to hospital of birth for neonatal screen if not done at 2-week exam

**NEXT WELL CHILD VISIT:**

At 2 months of age: DTaP, Hib, Polio, Rotarix, and Prevnar will be given. Do not give Tylenol drops prior to appointment.