

BOULEVARD CENTER PEDIATRICS

Shailesh Gohel, MD, FAAP Phone: (703) 670-0300 www.boulevardcenterpediatrics.com

1 Month Visit

Today's Date: _____ Immunizations Recommended: Hepatitis B _____ Next Visit: @ 2 Months of Age

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700 ; Early Intervention 703-792-7879

Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300 Cranial Technologies (844) 447-5894

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

How You Are Feeling:

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or school is hard for many parents.
- Find safe, loving child care for your baby.
- If you plan to go back to work or school, start thinking about you can keep breastfeeding.

Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping and playing.
- Put your baby to sleep on his or her back
 - In a crib, in your room, not in your bed.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than $2\frac{3}{4}$ inches apart. Find more information on the Consumer Product Safety Commission Web Site at www.cpsc.gov.
 - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
 - Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
 - Give your baby a pacifier if they want it.
- Hold and cuddle your baby often.
 - Tummy Time – Put your baby on his tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6-8 weeks old.
- When your baby is crying, comfort him by talking, patting, stroking and rocking.
- **NEVER SHAKE YOUR BABY.**
- If you feel upset, put your baby in a safe place; call for help.

Safety

- The car seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in seat with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
- Keep a hand on your baby when changing clothes or the diaper.

Your Baby and Family

- Plan with your partner, friends and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and can't make ends meet. There are resources in our community that can help you.
- Join a new parents group or call us for help to connect to others if you feel alone and lonely.
- Call for help if you are ever hit or hurt by someone and if you or your baby are not safe at home.
- Prepare for an emergency/illness
 - Keep a First Aid kit in your home.
 - Learn infant CPR.
 - Have a list of emergency phone numbers.
 - Know how to take your baby's temperature rectally. Call us if it is 100.4°F (38.0°C) or higher
- Wash your hands often to help your baby stay healthy.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 4 months.
- Pat, rock, undress or change the diaper to wake the baby to feed.
- Feed when your baby shows signs of hunger (Puts hand to mouth, Sucks or roots, Fussing)
- End feeding when you see signs your baby is full (Turns away, Closes mouth, Relaxes arms & hands)
- Many babies spit up when they feed. If your baby spits up often, keep his or her head raised for at least 30 mins.

after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and not in pain.

- Breastfeed or bottle feed 8-12 times per day.
- If your baby only drinks breast milk or drinks less than 32 ounces of formula every day, they should take 400 international units (IU) of Vitamin D daily. You can get this over the counter (D Vi-Sol or Tri-Vi-Sol, 1ml daily.)
- Burp your baby during natural feeding breaks.
- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If Breastfeeding

- Continue to take your prenatal vitamins
- When breastfeeding is going well (usually at 4-6 weeks), you can offer your baby a bottle or pacifier.

If Formula Feeding

- Always prepare, heat and store formula safely.
- Feed your baby 2oz every 2-3 hours. If your baby is still hungry, you can feed more.
- Hold your baby so you can look at each other.
- Do not prop bottle.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury).

Poison Help: 800-222-1222
Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org