



1-2 Month Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985

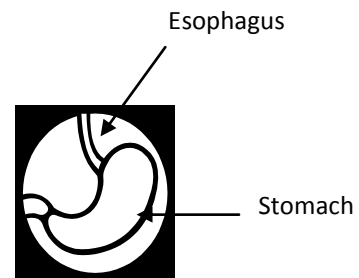


What will happen today:

- You and your doctor will talk about parenting, your home, you and your baby's health and safety, and keeping your baby happy and healthy.
- Your baby will be weighed and measured.
- He or she might get the first set of shots.
- Your doctor will ask you what your concerns are about your baby.

Crying is Common:

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



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 him after every 1-2 ounces of formula or 10 minutes of breastfeeding
- You should also be sure not to overfeed baby. Start with 2 ounces every 2-3 hours

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 child, ask for help.




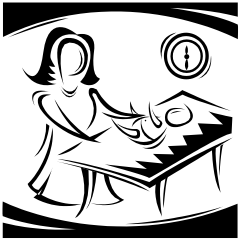


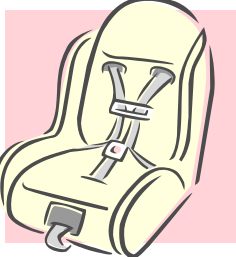







Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 1-2 Month Olds

Development	 <p>Baby will start making eye contact with you.</p>	 <p>Baby should be turning to sounds.</p>	 <p>Baby will start to smile & coo.</p>
Safety	 <p>Avoid Falls and never leave baby alone on tables or beds.</p>	 <p>Make sure baby is being supervised at all times while taking a bath.</p>	 <p>If you are feeling frustrated, take breaks by putting baby in the crib or having a family member watch baby.</p>
Safety	 <p>Car seat in the back seat facing the back</p>	 <p>Sleep on Back and only sleep in crib or bassinet.</p>	 <p>No medicine before talking to the doctor.</p>
Call the doctor for:	 <p>Fever (100.4)</p>	 <p>Excessive vomiting or diarrhea</p>	 <p>Unusual Crying</p>

It's VERY important that your baby is talked to, read to, sung to, and gets paid attention to, ALL waking hours.

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

