



Bright Futures Parent Handout 1 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

PARENTAL WELL-BEING

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. You can ask us for help.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

SAFETY

Safety

- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat of a vehicle 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 cannot 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 and 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.

FAMILY ADJUSTMENT

Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on his 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 3/8 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 he wants 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.

INFANT ADJUSTMENT

FEEDING ROUTINES

- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger.
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full.
 - Turning away
 - Closing the mouth
 - Relaxed arms and hands
- Breastfeed or bottle-feed 8–12 times per day.
- 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. If you need help, ask us.
- Feed your baby 2 oz 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 the bottle.

What to Expect at Your Baby's 2 Month Visit

We will talk about

- Taking care of yourself and your family
- Sleep and crib safety
- Keeping your home safe for your baby
- Getting back to work or school and finding child care
- Feeding your baby

Poison Help: 1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org

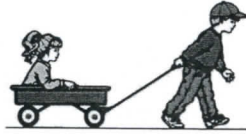


American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Pediatric Associates, PC
Pediatric Associates of Johns Creek, PC

Checkup Schedule

Birth (In hospital).....	Hepatitis B
2-3 Days after Discharge	Newborn Exam
2 Week	Exam Only
1 Month	Exam, Hepatitis B
2 Month	Exam, DTaP, Hib, Polio, PCV, Rotavirus
4 Month	Exam, DTaP, Hib, Polio, PCV, Rotavirus
6 Month	Exam, DTaP, Hib, PCV, Rotavirus, CBC (Complete Blood Count)
9 Month	Exam, Hepatitis B, ASQ
12 Month	Exam, MMR, Varicella, Hepatitis A, CBC
15 Month	Exam, HIB, PCV
18 Month	Exam, DTaP, Polio, Hepatitis A, CBC, M-CHAT, ASQ
24 Month	Exam, CBC, M-CHAT
30 Month	Exam, ASQ
3 Year	Exam, CBC, Urinalysis
4 Year	Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella
5 Year	Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella (Vaccines given if not completed at 4 year visit.)
6-10 Years	Exam, CBC, Urinalysis, Hearing & Vision as indicated
11 Year	Exam, CBC, Urinalysis, MCV4, Tdap, HPV*
12-15 Years ..	Exam, CBC, Urinalysis, Hearing & Vision as indicated, HPV *
16 Year	Exam, CBC, Urinalysis, MCV4, Td, Men B, HPV *
17-25 Years ...	Exam, CBC, Urinalysis, Hearing & Vision as indicated, Men B

- The Ages & Stages Questionnaire (**ASQ**) screens and assesses the developmental performance of children in the areas of communication, gross motor skills, fine motor skills, problem solving, and personal-social skills. It is used to identify children that would benefit from in-depth evaluation for developmental delays.
- The **M-CHAT** is a scientifically validated tool for screening children between 16 and 30 months of age that assesses risk for autism spectrum disorder (ASD).
- A Visual Evoked Potential (**VEP**) screening is conducted annually on our patients beginning at age six months through 8 years. The purpose of this test is the early detection of any abnormalities in your child's vision. We will provide you with further details regarding this non-invasive procedure when you arrive for your physical exam. You may also visit www.Diopsys.com to learn more.
- **Tdap-(Tetanus, Diphtheria, & Pertussis Vaccine)**: This vaccine is recommended for children 10 years of age and older. Due to an increase in diagnosed Pertussis (Whooping Cough) cases, this booster is now required for school attendance.
- **MCV4-(Meningococcal Vaccine)**: This vaccine is recommended for children 11 years of age and older. A booster dose is recommended before entering college.
- **Men B (Meningococcal B)**-This vaccine is recommended for patients 16 years of age and older. This vaccine is given in a 2-part series and is recommended before entering college.
- We offer the ***HPV (Human Papillomavirus vaccine)** to both our female and male patients. This vaccine is given in a 2 or 3-part series depending on what age the series is started.

Click here to visit **The Centers For Disease Control and Prevention** website at www.CDC.gov to download important vaccine information which may answer any questions you have concerning a particular vaccine.

After the Shots...

Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call your healthcare provider.

**Vaccinations may hurt a little...
but disease can hurt a lot!**

Call your healthcare provider right away if you answer "yes" to any of the following questions:

- ☐ Does your child have a temperature that your healthcare provider has told you to be concerned about?
- ☐ Is your child pale or limp?
- ☐ Has your child been crying for more than 3 hours and just won't quit?
- ☐ Is your child's body shaking, twitching, or jerking?
- ☐ Is your child very noticeably less active or responsive?

What to do if your child has discomfort

I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using an electronic thermometer (or by using the method of temperature-taking your healthcare provider recommends). If your child has a temperature that your healthcare provider has told you to be concerned about or if you have questions, call your healthcare provider.

Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Dress your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever- or pain-reducing medicine such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil, Motrin). The dose you give your child should be based on your child's weight and your healthcare provider's instructions. *Do not give aspirin.* Recheck your child's temperature after 1 hour. Call your healthcare provider if you have questions.

My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy because of pain or fever. To reduce discomfort, you may want to give your child a medicine such as acetaminophen or ibuprofen. *Do not give aspirin.* If your child is fussy for more than 24 hours, call your healthcare provider.

My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medicine such as acetaminophen or ibuprofen, according to your healthcare provider's instructions (see box below). *Do not give aspirin.*
- If the redness or tenderness increases after 24 hours, call your healthcare provider.

My child seems really sick. Should I call my healthcare provider?

If you are worried **at all** about how your child looks or feels, call your healthcare provider!

HEALTHCARE PROVIDER: PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is _____ °F or _____ °C or higher, or if you have questions, call your healthcare provider.

Healthcare provider phone number 770-476-4020

Medication (if needed) _____
NAME OF MEDICATION/TYPE OF FORMULATION

Give _____ every _____ hours as needed.
DOSE OR AMOUNT

Dosing On Call

Dosing for infants and children from your healthcare professional

DOSE: Every 4 hours as needed. DO NOT GIVE MORE THAN 5 DOSES IN 24 HOURS.

If possible, use weight to dose; otherwise, use age.

Do NOT use with any other product containing acetaminophen.

Infants' TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

WEIGHT	6-11 lbs	12-17 lbs	18-23 lbs	24-35 lbs
AGE	0-3 months	4-11 months	12-23 months	2-3 years
DOSE	1.25 mL	2.5 mL	3.75 mL	5 mL



Available in:
Grape, Cherry, Dye-Free Cherry

Children's TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL	7.5 mL	10 mL	12.5 mL	15 mL



Available in:
Grape, Cherry, Bubblegum, Strawberry, Dye-Free Cherry

Children's TYLENOL® Chewables

Active ingredient: acetaminophen 160 mg (in each chewable tablet)

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet	1½ tablets	2 tablets	2½ tablets	3 tablets



Available in:
Grape, Bubblegum

Children's TYLENOL® Dissolve Packs

Active ingredient: acetaminophen 160 mg (in each pack)

WEIGHT	under 48 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	under 6 years	6-8 years	9-10 years	11 years
DOSE	do not use	2 powders	2 powders	3 powders



Available in:
Wild Berry

All Infants' TYLENOL® and Children's TYLENOL® products have the same strength of acetaminophen: **160 mg** (in each 5 mL, tablet, or pack).

DOSE: Every 6-8 hours as needed. DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.

If possible, use weight to dose; otherwise, use age.

Infants' MOTRIN® Concentrated Drops

Active ingredient: ibuprofen (NSAID)* 50 mg (in each 1.25 mL)

*Nonsteroidal anti-inflammatory drug

WEIGHT	12-17 lbs	18-23 lbs
AGE	6-11 months	12-23 months
DOSE	1.25 mL	1.875 mL



Available in:
Berry, Dye-Free Berry

Children's MOTRIN® Oral Suspension

Active ingredient: ibuprofen (NSAID)* 100 mg (in each 5 mL)

*Nonsteroidal anti-inflammatory drug

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL	7.5 mL	10 mL	12.5 mL	15 mL



Available in:
Grape, Berry, Bubblegum, Dye-Free Berry

Children's MOTRIN® Chewables

Active ingredient: ibuprofen (NSAID)* 100 mg (in each chewable tablet)

*Nonsteroidal anti-inflammatory drug

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet	1½ tablets	2 tablets	2½ tablets	3 tablets



Available in:
Grape, Dye-Free Grape

IMPORTANT INSTRUCTIONS FOR PROPER USE

Today's date: _____

This dosing recommendation from your healthcare professional will expire in **14 DAYS**.

- Always read and follow the label on all TYLENOL® and MOTRIN® products.
- Use only the dosing device (dosing syringe or dosing cup) that came with the product. Do not use any other dosing device.

Rely on TYLENOL® and MOTRIN®, the two brands of pain and fever relievers that pediatricians recommend most.†

Always On Call

mL = milliliter

†Among over-the-counter analgesic/fever reducers in the US.

Postpartum Depression Resources

(Updated March 18, 2019)

Georgia Crisis and Access Line for emotional support in your community
24/7/365 Behavioral Health Crisis and Suicide Hotline
800-715-4225
Mygcal.com

Postpartum Support International
www.Postpartum.net
800-944-4773 (4PPD)

Postpartum Support International North Atlanta Mothers Support Group
Call/text 503-389-3149 or email Justine.PSICoordinator@gmail.com
This is a free group (currently meets 3rd Tues each month in Cumming GA)

National Suicide Prevention Lifeline
800-273-8255 (TALK)
Suicidepreventionlifeline.org

National Alliance on Mental Illness – Georgia Chapter
770-234-0855
Namiga.org

Dial 9-1-1 – Ask for Crisis Intervention Team (CIT) officer

Northside Hospital Behavioral Health Services
404-851-8960
Email: BehavioralHealthServices@northside.com

Emory Women's Mental Health Program
404-778-5526
WomensMentalHealth.emory.edu

PostpartumDads – Recommendations for partners of women with PPD
www.postpartumdads.org
