

NEWBORN-2 MONTH TIPS

Pediatric Associates of Johns Creek, PC
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CAR SEATS: Always restrain your baby in an infant car seat. Position the seat so that the baby faces the back of the car. The middle back seat is the safest place for your baby to ride. If you are concerned about not being able to see your baby when you are driving-there are mirror devices you can purchase to let you see the baby safely. If your baby is ever having trouble while you are driving, pull over and then attend to your baby. Make sure you always wear your seat belt as well. Remember, also, that you cannot put a car seat in the front passenger seat if there is an air bag. Never leave an infant alone in a car.

BATH SAFETY: Place a washcloth in the bottom of the bath to keep the baby from slipping. Remember not to leave an infant unattended in the bath even with very shallow water, even for a few seconds. If there are children in the house under 6 year old, be sure to turn your water heater down to 120 degrees or less to prevent accidental scalding.

SLEEP: Recent research has determined that your baby has a lower risk of SIDS (crib death), when sleeping on his/her back, rather than on the stomach. It is fine (and important) to let your baby lie on his/her stomach when playing. Also, do not use a long cord to attach a pacifier, toy, or religious medal on or over the crib. If your baby is waking for night time feedings, be sure you are getting enough sleep overall by taking periodic naps while your baby naps.

OTHER SAFETY REMINDERS: Do not leave an infant unattended on a dressing table, bed, chair, or couch-an infant is capable of suddenly extending his/her body and falling off. Do not leave young siblings or pets alone with the baby. Remind siblings under 8 years old not to pick up or try to carry the baby alone. Never jiggle or shake the baby vigorously. Do not place a string or necklace about the baby's neck. Clip-on pacifier holders (short ribbons) are acceptable, though. Install smoke detectors in the house and the nursery and check the batteries twice a year. Select toys that are unbreakable, contain no small detachable parts or sharp edges, and are too large to swallow.

NUTRITION: If your baby is solely breastfed and/or getting less than 32 ounces of formula per day-then it is recommended to include 400 units of Vitamin D daily in infant vitamin drops (such as Tri-Vi-Sol, Vi-Daylin). Take 1 dropper once daily. Once your baby takes at least 32 ounces of formula a day then Vitamin D is not needed. Warm bottles under hot water and not in the microwave oven. Boiling water is recommended if you have well water. Do not give your baby cereal, juice, or jar baby food until 4-6 months old-early introduction of solids and juices leads to increased risk of food allergies and obesity. Infant feeders (bottles with a large opening in the nipple and plunger base) are not necessary and should not be used, as they promote overfeeding.

CRYING: Some babies cry frequently at this age and are difficult to console, this phase is often referred to as "colic." Your pediatrician can rule out a medical cause for the crying. However, learn to recognize the meaning of your baby's cries-hunger, dirty diaper, needs a pacifier, needs to be held, etc. If you cannot identify a cause for the crying, try rocking the baby, walking, swinging, etc. Many babies are consoled by vibratory noises, such as when riding in the car. If an exam by the pediatrician does not reveal a cause for the crying, be assured that most "colic" will be outgrown by approximately 3 months of age.

SMOKING: Give your baby the best health possible; make your house and cars smoke-free.

Three Steps for Safer Sleep: Recommendations from the AAP



Step One: Keep your baby's crib in your bedroom, and close to your bed

The AAP recommends that your baby sleep in the same room but on a separate surface from parents for the first 6 months. It's important to avoid sharing a bed, as this can increase the risk of suffocation or the baby getting caught up in blankets or pillows.

According to the AAP, this step alone can reduce the risk of SIDS by half.

Step Two: Keep the crib clear of toys, pillows, and stuffed animals

While stuffed animals, pillows and other comfort objects can bring happiness to a child, it's important to keep these things away from the crib or sleep surface. The more items in a crib, the greater the chance for suffocation or other complications. If you need to use a toy to help your baby lay down and become calm before sleep, that's fine. Simply ensure that the toy has been removed from the crib when your baby does finally rest.

Step Three: Make sure your baby is in an age-appropriate sleep position

Children under the age of one should *always* sleep on their backs, according to AAP. "Side sleeping" is not advised because of the chance for the baby to roll onto its stomach during sleep, increasing the risk of obstructed airways. If your baby doesn't like sleeping on their backs at first, don't worry, they will adjust over time as you continue to reinforce the proper, safe sleeping position.

For how long should I worry about safe sleep?

According to the National Institute of Health, **90% of all SIDS death occur before a baby is 6 months old.** However, the risks of SIDS can remain until the baby's first birthday, so we recommend that all parents follow all safe-sleep guidelines until your baby turns one. As always, if you have specific questions about your child's development, be sure to run them by your pediatrician.

For more information and resources on safe sleep, [visit the National Institute of Health's "Safe to Sleep" campaign](#). You can also learn more about "Safe Sound Sleep" [by checking out SafeSoundBabies.com](#).

Top Ten Reasons to Protect Your Child by Vaccinating

Here are the top ten reasons to protect your child by vaccinating them against serious diseases.

- 1** Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

- 2** Vaccination protects children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, hospitalization, pneumonia, hearing loss, convulsions, brain damage, and death.

- 3** Vaccine-preventable diseases, such as measles, whooping cough, and influenza are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.

- 4** Though vaccination has led to a dramatic decline in the number of U.S. cases of several infectious diseases, some, such as measles, are common in other countries and are brought to the U.S. by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.

- 5** Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.

- 6** Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.

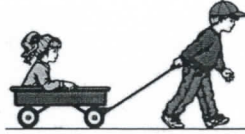
- 7** Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly support protecting children with recommended vaccinations.

- 8** Vaccination protects others you care about, including family members, friends, and grandparents.

- 9** If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.

- 10** We all have a public health commitment to our communities to protect each other and each other's children by vaccinating our own family members.





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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](http://www.CDC.gov) website at www.CDC.gov to download important vaccine information which may answer any questions you have concerning a particular vaccine.