



(rev.3-2024)

1 Month Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Head _____

IMMUNIZATIONS

Vaccines are an important part of your child's routine health care. Over the next several years, your child will receive immunizations which protect him or her from many life-threatening diseases. Your child may be receiving the Hepatitis B vaccine today. You will receive printed information regarding this vaccine and other vaccines your child will be receiving in the future. Please read the information carefully and ask the doctor any questions you may have. You will be asked to sign for the vaccine, giving your consent.

The Hepatitis B vaccine is well tolerated. You do not need to give Tylenol at this age. Call our office right away for a fever >100.4 rectally, poor feeding, extreme fussiness, etc. If you think your infant has a fever, take the temperature rectally.

During RSV season, October through March, your baby may be given an RSV vaccine if medically indicated. If it is flu season, please be sure all family members, especially siblings, and all people who come in contact with your baby are vaccinated against influenza. Young infants are at high risk for significant illness from the flu and cannot be vaccinated until 6 months of age. Remember, good handwashing is the best defense against illness at any time of year. Family members and caregivers should be up to date on all vaccines to help prevent your newborn from preventable illness.

NEWBORN SCREENING RESULTS

The newborn screening is a blood test required by state law for all newborns. The results of the newborn screening done in the hospital should be available at this time. Please ask the doctor for the results of this test. If you have received a letter from the state lab about this test, please let us know. The screening may need to be repeated at this visit.

FEEDING

Your infant's nutritional needs are met by breast or bottle feeding. Water, juice, and cereal are not necessary at this time, unless recommended by the doctor. Do not give your baby honey in the first year

of life. Breast fed infants should take a vitamin D supplement that provides 400 IU a day of vitamin D such as D-Vi-Sol. Most breast-fed babies do not get enough Vitamin D through breast milk, so this supplement will provide the necessary Vitamin D. Infants typically nurse on demand every 2-3 hours and may sleep as long as 4-5 hours once during a 24-hour period. You may notice periodic increases in feeding during growth spurts. Your infant is getting enough if he/she is gaining weight at the appropriate rate. Expressed breast milk should not be heated in a microwave. Bottle fed infants should be on an iron fortified formula. This will meet all of their nutritional needs until 4-6 months of age, at which time solids may be introduced. Formula should not be heated in a microwave. Feed your baby in a semi-upright position and never prop your infant's bottles.

SLEEPING

Always place your baby to sleep on his/her back on a firm, flat sleep surface with no pillows, blankets, stuffed animals, or any soft bedding. Dress your child comfortably to fit the environment. Infants generally do not need more clothing than adults. Do not place your child to sleep with a bottle.

NEWBORN BEHAVIOR

New infants spend a lot of time eating and sleeping. They may experience brief periods of alertness at which time they may interact by grasping your finger or following your face with their eyes. Hiccups, sneezing, and nasal congestion not associated with breathing or feeding difficulties are all normal and should not cause alarm.

New infants often squirm and grunt while trying to have a bowel movement. This is normal behavior and does not mean your infant is constipated. Please call our office during normal business hours if you believe your child is constipated.

SAFETY

- Car seats are required by law for all children less than 8 years of age. Infants should always be placed in an approved infant seat in the rear-facing position. If they have outgrown the infant seat, they should be in a reversible car seat that is rear-facing. Never place your infant in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Avoid bulky clothing and blankets between your infant and the harness and make sure the harness fits snugly against the child's chest. Additional information can be found on the US Department of Transportation website. www.seatcheck.org or at healthychildren.org under car seat information for families.
- Always place your infant to sleep on his/her back. DO NOT place your infant to sleep on his/her tummy because of the increased risk of SIDS (Sudden Infant Death Syndrome) in this position.
- Never leave your infant alone. Never leave your infant in a room with pets or young siblings. Even though children at this age seldom roll over, never leave your child unattended on an elevated surface (couch, bed, changing table, etc.)
- Set your hot water heater temperature below 120 degrees F. Always test water before placing your child in it. Never leave your child alone in a tub of water, even if it's just for a moment to grab a towel, answer the phone, etc.
- Do not drink hot liquids around your baby.
- NEVER shake your baby.
- Never smoke around or in the house or car with your baby.

- If you have pets, be very cautious with them around your baby. Never leave your baby unattended with a pet in the room. Do not allow the pet to sleep in the same room as your infant.
- Do not place anything (i.e. necklaces, ribbons, strings) around your infant's neck because of the risk of strangulation.
- Test smoke alarms regularly; change the batteries yearly.
- Keep plastic bags and balloons away from your infant.
- Do not allow your infant to play with small objects.
- Keep your baby out of direct sunlight.

CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life-threatening situation, **call 911 or go to the nearest emergency room**. Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child.

Please call **Poison Control** at **828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

The symptoms listed below may represent early signs of illness. Please call our office immediately if your child experiences any of these symptoms:

- Fever of 100.4F or higher, taken rectally. Temperatures taken under the arm, in the ear, or in the mouth are not accurate at this age.
- Unusual irritability, listlessness, or any change in behavior that makes you uncomfortable
- Failure to eat for 2 or more feedings in a row
- Persistent vomiting
- Bloody diarrhea
- Dehydration
- Jaundice
- Low temperature, less than 97.5 degrees (taken rectally)
- Apnea (very long pauses in breathing)
- Respiratory distress/ breathing very hard, working hard to breathe
- Abdominal distension
- Cyanosis (blue color)

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on-call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after-hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are

able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **2 months** of age. We encourage you to make your appointment before you leave today. If you would prefer to call, our centralized scheduling department can be reached at 804- 320-1353. Please note that our office requires 24-hour notice to cancel an appointment. Thank you.