

## HEALTH SUPERVISION VISITS

### ONE-MONTH VISIT

#### ANTICIPATORY GUIDANCE

#### PARENTAL WELL-BEING

- Have postpartum checkup; recognize “baby blues”
- Make back-to-work/school plans; plan for breastfeeding, child care
- Take time for self, partner
- Learn infant first-aid/CPR/temperature taking; know emergency telephone numbers; wash hands often

#### INFANT ADJUSTMENT

- Develop consistent sleep/feeding routines
- Put baby to sleep on back; choose crib with slats less than or equal to 2 3/8 inches apart; don't use loose, soft bedding; have baby sleep in own crib; choose mesh playpen; never leave baby in with drop side down
- Hold, cuddle, talk to baby often; calm baby by talking, patting, stroking, rocking; never shake baby
- Start “tummy time” when awake

#### FEEDING ROUTINES

- Exclusive breastfeeding during the first 4-6 months is ideal; iron-fortified formula is recommended substitute; recognize signs of hunger, fullness; develop feeding routine; adequate weight gain = 5-8 wet diapers a day, 3-4 stools a day; burp at natural breaks; no extra fluids or foods
- If breastfeeding: Continue prenatal vitamins; wait until 4-6 weeks before offering pacifier/bottle
- If formula feeding: Prepare/store formula safely; feed 2 oz. every 2-3 hours, and more if still seems hungry; hold baby semi-upright; don't prop bottle.
- Continue Vitamin D supplement

#### SAFETY

- Use rear-facing car safety seat in back seat; never put baby in front seat of vehicle with passenger air bag
- Always use safety belt; do not drive under the influence of alcohol or drugs

- Keep hand on baby when changing diaper/clothes
- Keep bracelets, toys with loops, strings/cords away from baby
- Don't smoke; keep home/vehicle smoke free