**PARENTING AND BEHAVIORAL**

- Hold, cuddle, talk to your baby as much as you can. Your infant’s development depends greatly on him/her interaction with you. Every touch stimulates the baby’s brain.
- Recognize the fact that parents cannot always console their baby. Expect this. Of course, always check your baby when he/she seems uncomfortable, to make sure he/she is not too hot, too cold, hungry, wet, or needing to burp. Give your child the benefit of the doubt and do not worry about “spoling.”
- Try to spend time nurturing your baby when he/she is quiet, happy and alert, instead of waiting for him/her to cry and fuss for attention.
- Parents should make sure they get adequate rest. Take the phone off the hook and nap when the baby naps. Encourage other family members to help care for the infant. Keep in contact with friends and relatives. Go for a daily walk with the baby for fresh air.

**DEVELOPMENT**

- Begins to recognize family voices and makes small “thrathy” noises.
- Recognizes sounds by blinking, crying or showing the startle reflex (arms and legs move away, from the body equally).
- Blinks at bright light and may begin to follow, but eyes often do not focus together.
- Watch for the first smile ... truly a milestone. It is the earliest sign of mental growth ... the first thing your baby can do on his/her own! (Usually seen at about 2 months).
- Lifts head briefly which is on his stomach—be sure to give your baby regular “tummy time” while he is awake to encourage development of neck, arm, and upper body muscles.

**FEEDING**

- Make feeding a pleasant time for the entire family. Remember, your baby’s first love for you as a parent arises partly from the bonding obtained during feeding time. The affectation and touching the baby gets during the feeding period are important parts of the diet.
- Babies need only breast milk or iron-fortified formula at this time.
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- Your baby’s feeding habits will vary from day to day just like yours. This is just another way your baby is letting you know he/she is a unique individual. Breast-fed babies should be started on a vitamin D supplement called Tri-Vi-Sol or D-Vi-Sol. This is available over-the-counter at pharmacies. Your baby will take this once a day until he/she is weaned to whole milk or until he/she is being supplemented with at least 1700 iu vitamin D formula.

**IMMUNIZATIONS**

- Your baby should have received his/her first hepatitis B vaccine in the newborn nursery. If not, please notify your physician.
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- Do not use a microwave oven to heat breast milk or formula.
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**ANTICIPATORY GUIDANCE 1-6 Weeks**

Date:________________________________ Height:_____________ Weight:_____________ OFC:_____________
SAFETY

• Always use a rear-facing infant car seat placed in the center of the back seat.
• Never leave a baby alone with a young sibling or a pet.
• Never leave your baby alone in a tub or on a high place, such as a changing table, bed or sofa.
• Set hot water thermostat at less than 120 degrees F to decrease risk of burns.
• Insist on a tobacco-free environment for your baby. If there is a smoker in the family, do not permit any smoking in the house or in the car. Smoke exposure increases the risk of SIDS, asthma, allergies, colds, and ear infections.
• Make sure smoke detectors are in place and working. Review your family’s fire escape plan now that there is a new household member.
• If your home uses gas appliances, install and maintain carbon monoxide detectors.
• Never shake a baby! Doing so can cause permanent neurological damage and/or death.
• Avoid sun exposure to baby’s tender skin.
• Parents and other caregivers should be trained in infant CPR. Contact your local health department, American Red Cross, or local hospital for information on CPR courses.

ELIMINATIONS

• Every baby has his/her own unique pattern to the frequency of bowel movements. Some go after every feeding, some once a day, and others every two or three days.

• Most babies strain, grunt and fuss even when they have a loose bowel movement. This is normal and does not indicate constipation.
• Stool color varies from yellow in breast-fed babies to brown and green in formula-fed babies. Consistency can be anywhere from thin to a thick paste.

WHEN TO CALL THE DOCTOR

• Not gaining weight.
• Excessive vomiting, especially if it is forceful and goes across the room.
• Uninterested in eating.
• Irritability or lethargy.
• Unusual skin rashes.
• Anything that bothers you is important to your child’s pediatrician. That’s our job!
• Fever (over 100.3 degrees F rectally) in a baby under 3 months of age is a potential emergency and our office should be notified immediately. If your baby develops a fever, do not give Tylenol.
• If your home uses gas appliances, install and maintain carbon monoxide detectors.
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