



[WWW.STAMFORDPEDIATRICS.COM](http://WWW.STAMFORDPEDIATRICS.COM)

1275 Summer Street  
Suite 301  
Stamford, CT 06905

36 Old King's Highway South  
Darien, CT 06820

203-324-4109

203-655-3307

Maura Angiello-Smith, M.D., F.A.A.P.  
Danyelle L. Caeti, M.D., F.A.A.P.  
Jon M. Durica, M.D., F.A.A.P.  
Lambros G. Geotes, M.D., F.A.A.P.  
Debra K. Gotz, M.D., F.A.A.P.  
Jennifer F. Henkind, M.D., F.A.A.P.  
Rebecca L. LePage, M.D. F.A.A.P.  
Jamie M. Roach, M.D.

### **BABY'S BOOK**

Name \_\_\_\_\_

Birth Date \_\_\_\_\_

Birth Weight \_\_\_\_\_

## TABLE OF CONTENTS

General Information	2-4
Office Policy	4-5
ABC's of Newborn Care	5-8
Newborn Survival Kit	8
Infant and Toddler Survival Kit	9
Symptoms of Illness in the Newborn	9
Acetaminophen Dose Chart	9
Ibuprofen Dose Chart	9
Symptoms of Illness in Infants and Toddlers	10
Immunizations	10-11
Two Week Visit	12
Four Week Visit	13
Two Month Visit	14
Four Month Visit	15
Six Month Visit	16
Nine Month Visit	17
Twelve Month Visit	18
Fifteen Month Visit	19
Eighteen Month Visit	20
Twenty One Month Visit (Optional)	21
Two Year Visit	22
Two and a Half Year Visit (Optional)	23
Three Year Visit	24
Growth Record	25
Bibliography	25
Immunization Record	26

**Please bring this booklet, a bottle, a toy, and any questions with you to each visit.  
Both your baby and your baby's doctor will thank you.**

## **We Welcome You As A Patient.**

Whether you are new to the practice or we have been caring for your children for years, it is our pleasure and honor to care for your family. We are proud of the practice and are pleased you have selected us. Our practice consists of eight Board certified or Board eligible Pediatricians.

The information that follows is designed to answer many of the questions most patients have. If you are new to our practice, you will also be provided with another handbook, which explains policies and procedures. We have listed some of these policies below:

### **GENERAL INFORMATION**

#### **Appointments**

Regular well-child exams are routinely scheduled at two weeks, four weeks, then at 2, 4, 6, 9, 12, 15, 18, 24, and 36 months. Thereafter exams are recommended yearly. Well-child exams at 21 and 30 months are optional and may not be covered by your insurance company. Please note, the 12 month visit must be on or after the child's first birthday due to the immunization schedule.

Please call in advance for regular exams, especially during the camp and school physical season (May-September). Sick visits will be scheduled the same day that you call.

Well visits, especially from infancy through the pre-school years are important! They allow frequent assessment of your child's growth and development, and regular immunization. More importantly, however, they provide a time to discuss your questions and concerns and help prepare you for future developmental stages and routine illnesses.

#### **Practice Hours**

Appointments for well child care and illness are available at both the Stamford office and Darien office.

***The Stamford and Darien Offices have the following schedule:  
Monday thru Friday 9:00 am -12:45 pm and 2:00 pm – 4:45 pm***

Saturday – The Stamford office is open for emergency sick visits only. The Darien office is closed. Chronic problems and rechecks will not be scheduled on Saturdays.

**Please call beginning at 9:00 am the same day to make an appointment.**

Saturday hours are 9:00 am – 12:00 noon, with **no walk-ins**.

There is a physician on call 24 hours a day.

#### **Walk-In-Time for Sick Children**

***“Walk-In-Time” is for acute illnesses only. Please do not bring more than two children at a time during the “Walk-In-Time.”*** Chronic problems are better handled by a scheduled appointment with your primary physician. Walk-In-Time will be at both the Stamford office and the Darien office with the following schedule:

***Monday, Tuesday, Wednesday, Friday      8:00 am to 9:00 am  
Thursday    8:00 am to 8:30 am***

You will be seen on a first come first served basis. ***Walk-In-Time will end promptly, so that scheduled appointments can be seen on time. There are no walk-in hours on weekends or major holidays.***

#### **Calling Hours**

During the week, we are fortunate to have a triage nurse available to answer routine phone calls, daily from 9:00 am to 4:00 pm. Our triage nurse has been trained by Stamford Pediatric providers and follows Barton Schmidt protocols. The triage nurse makes every effort to return calls within one hour. During busy seasons it may take longer. If you think your child needs to be seen, please make an appointment. Waiting for a call back will only delay your child's evaluation.

Examples of symptoms that need to be evaluated in the office:

- **A child less than 2 months old with a rectal temperature of 100.5° or greater.**  
**This needs to be evaluated immediately day or night.**
- Your child was up all night
- You think your child is wheezing
- Temperature of 104° or greater
- Your child has an earache

If after speaking with the triage nurse, it is determined you need to come in, an appointment can be arranged for your child. The triage nurse has access to the providers throughout the day. If you are following up on an ongoing issue with your primary care physician, you may ask for your doctor to return your call. You may contact the nurse or doctors by dialing (203) 324-4109 or (203) 655-3307.

### **After Hours Telephone Calls**

As a service to our patients, we began using the Pediatric Advice Line (PAL) in 1999. As an adjunct to our after hours care, urgent medical questions may be answered by highly experienced and responsive pediatric nurses from the Connecticut Children's Hospital. The nurses follow our protocol for medical emergencies and medical care and will notify a pediatrician from Stamford Pediatrics if necessary. The feedback from parents about PAL has been extremely positive and many parents know from their own experience how helpful and reliable the PAL's nurses have been. Issues such as behavior, longstanding concerns and prescription refills should be handled during regular office hours. PAL is for medically urgent or emergent issues only. Our current PAL hours are from 10:00 pm to 6:00 am. These hours are subject to change without notice. Effective April 2003, each time you use PAL, a \$20 charge will be added to your private account and will appear on your monthly statement.

Call **324-4109** or **655-3307** when the office is closed and you will reach our answering service. Our answering service can be very busy. Therefore, if your call is not returned within 30 minutes, please repeat your phone call. Please be sure you are giving the answering service the phone number that you are calling from. **Please disconnect call block when you call after hours.**

### **Prescriptions, Renewals and Referrals**

All prescriptions and authorizations for renewals should be requested during normal office hours. For best continuity of care, requests should be directed to your primary care physician. Adequate time is needed for all renewals.

If your insurance plan requires referrals, you must have the referral completed by us prior to going to the specialist. Referrals require 72 hours notice unless there is an emergency. We **will not** backdate referrals.

### **Emergency Care**

We recognize that you can have an emergency situation arise, and we will do our best to respond to your problem promptly. In the event of a severe situation, or one in which you are in doubt, go immediately to the Stamford Hospital emergency room and ask them to contact your doctor. If the situation is not that severe, but one where you wish to speak with your doctor, please telephone and the doctor will be in touch with you, giving you instructions on where to meet for emergency care.

## **OFFICE POLICY**

### **Fees, Payments, and Insurance**

The goal of Stamford Pediatric Associates is to provide high quality medical care to our patients. The following information is provided to avoid any misunderstanding or disagreement concerning payment for professional services.

Payment for service is due at the time services are rendered unless payment arrangements have been approved in advance by our Business Manager. We accept cash, checks, debit cards, MasterCard, or Visa.

If you have medical insurance, you must realize, that:

1. Your insurance is a contract between you, your employer and the insurance company. We are not a party to the contract.
2. Not all services are a covered benefit in all contracts. Some insurance companies arbitrarily select certain services they will not cover. **You are responsible for knowing what is and is not covered under your insurance plan.**
3. It is your responsibility to pay for deductibles, co-insurance, copays, lapse in coverage, and any other balance not paid by your insurance company.
4. We do not submit to secondary insurance.
5. We would like to remind everyone whose insurance plan requires selection of a Primary Care Physician "PCP" to please select one of your physicians. If one of the physicians of Stamford Pediatrics is not chosen as your PCP, your insurance plan may deny claims or process claims as out of network making you financially responsible.
6. Please supply your insurance carrier with any information they request, in a timely manner. Claims are held from processing while your insurance carrier waits to hear from you.
7. Please add your newborn to your insurance policy within the 30-day period required by most insurance carriers. If the child is not added within that timeframe, you may have to wait for open enrollment, therefore leaving your child uninsured until that time.

We must emphasize that as childcare providers, our relationship is with you **not** your insurance company. Since we have no control over what your insurance company will pay for, you will need to question and/or dispute disagreements with them personally. All charges are your responsibility from the date services are rendered. We realize that

temporary financial problems may affect timely payment of your account. If such problems do arise, you **must** contact us promptly for assistance in the management of your account.

Current Insurance Companies We Accept:

Aetna Health Plan  
Anthem Blue Cross Blue Shield  
Cigna  
Connecticare  
Great West  
Health Net  
MultiPlan  
Oxford Health Plan  
PHCS  
United Healthcare

We also accept various smaller insurance carriers. Please contact our billing department with any carrier not listed.

**ABC'S OF NEWBORN CARE**

**A**  
**Allergies** – Allergies tend to run in families. Breast feeding is thought to help protect against allergies.

**Auto Safety** – Protect your baby by placing him/her in an infant seat each time you enter the car. All children should be placed in the back seat of your car for travel. Make every ride a safe ride. You must stop the car to breast feed. If the car is in motion, everyone must be buckled in.

**B**  
**Bathing** – Newborns may be bathed every other day after the umbilical cord has fallen off. Babies have sensitive skin, so use only a mild hypoallergenic soap (Dove® or Neutrogena®).

**Bottles** – Wash your baby's bottles as you would your own glassware. The dishwasher is great!

**C**  
**Cavities** – Don't put your baby to bed with a bottle of milk or juice at any age. This habit fosters the development of cavities and poor sleep habits. It is time to start brushing teeth as soon as your child has a tooth.

**Circumcision** – Circumcision is an operation that is performed to remove the foreskin on a newborn's penis. It is mainly a matter of personal or cultural preference. There may be some protection against urinary tract infections in the first few years of life.

**Colic** – Colic is a word used to describe the symptoms of frequent inconsolable crying that appears to be related to abdominal discomfort in babies between the ages of three weeks to three months. Colicky babies are said to be quiet only with constant rocking or motion.

**Crying** – Babies cry because they are hungry, wet, cold, tired, or just want to be held. Each reason is a good enough reason to cry, and you will not spoil your baby by attending to his/her needs.

## **D**

**Diapers** – Cloth or disposable, the most important thing is that diapers be changed frequently. Wet or dirty diapers worn for long periods lead to diaper rash.

## **E**

**Ears** – Babies hear quite well at birth. Clean your baby's ears with a wash cloth only.

**Enjoy** – Remember that babies should be enjoyed and not endured.

**Eyes** – Babies can see objects well within one foot at birth. They especially like to look at faces. Unequal eye movements (looking cross-eyed) are normal for the first few months. However, if they seem persistent, please alert your pediatrician.

## **F**

**Feeding** – Breast or bottle, the choice is yours. Advantages of breast feeding include convenience, economy, protection against infection and allergies, and perhaps a special kind of bonding. Advantages of bottle feeding include sharing baby's feedings with others and good nutrition.

**Fussy Periods** – Most babies have an hour or more of fussiness regularly each day, often in the evening. This is not colic.

## **G**

**Gas** – All babies pass gas, some more than others. Changes in the mother's diet may affect the quantity of gas in a breast fed infant.

## **H**

**Hiccups** – Babies normally hiccup in utero and then frequently during the first 6 weeks of life. This is not a problem.

**History** – Do any medical conditions run in baby's immediate or extended family? If so, please alert your pediatrician.

## **I**

**Indoors**- Room temperatures should be just warm enough (65-70 degrees). If you are wearing several layers indoors, so should your baby. During the first two months of life, avoid taking your baby to enclosed areas where he may encounter strangers with many germs.

## **J**

**Jaundice** – Jaundice is a yellow coloration of the skin produced by bilirubin. Bilirubin is a pigment created during the breakdown of red blood cells. Your doctor will discuss jaundice with you further if your baby appears yellow.

## **K**

**Kids** – Never leave your baby unattended in a room with another small child.

**Kisses** – Kisses are great as long as the kisser is healthy.

## **L**

**Love** – Babies need lots of love to grow up strong and healthy.

## **M**

**Mouth** – Eventually everything within reach will wind up in your baby's mouth. Guard against choking!

## **N**

**Nose** – Newborns breathe primarily through the nose. To remove small amounts of mucus, use a damp Q-tip® swab or Saline nose drops, followed by the use of a bulb suction. A cool vaporizer may also be helpful for congestion. Vaporizers need to be kept clean.

**Nursing** – For any difficulty associated with nursing, consult your pediatrician. Remember that breast feeding must be learned by both Mom and baby and initially may feel awkward.

## **O**

**Outdoors** – as many layers of clothing as you wear outdoors, so should your baby. Remember to cover the baby’s head, hands and feet if it is particularly cold outside.

## **P**

**Pacifiers** – Babies will suck as much for pleasure as for hunger. If your baby likes them, pacifiers are okay. 4-6 months is a good time to wean them off the pacifier.

**Pets** – Like children, keep a close eye on pets near your baby.

## **Q**

**Questions** – Every question you have is important. Keep a list of routine questions to ask during well-checks or phone during daytime hours! If you have emergency questions, call at any hour.

## **R**

**Rashes** – Newborns have very sensitive skin and develop rashes easily. If a rash seems to persist or the skin does not turn pale when you press it, consult your physician.

## **S**

**Safety**- See “Safety Tips” throughout the visit sections in this book.

**Sleep** – Newborns usually have erratic wake/sleep cycles until approximately two months or 12 pounds.

**Stools** – Stools vary in color and texture depending upon what the baby is fed. The first stool, meconium, is dark and tarry. Babies may stool as frequently as after every feeding or as infrequently as once every few days. The baby is not constipated unless his/her stools are hard and he/she appears uncomfortable with bowel movements.

## **T**

**Tears** – Tears may be absent for the first few weeks.

**Teeth** – Teeth usually appear between 6-12 months of age. Teething may be associated with drooling, fussiness, loose stools and decreased appetite. Acetaminophen may help relieve the pain. Teething does not cause fevers.

**Toys** – Make sure your baby’s toys are safe and appropriate for his/her developmental level. Wash infant toys regularly.

## **U**

**Umbilical Cord** – The cord will usually dry up and fall off within 3 weeks of birth. Until this happens, cleanse the cord with alcohol twice daily and keep dry.

**Urine** – Newborns have approximately one wet diaper for each feeding.

## **V**

**Vagina** – Newborn girls typically have a white mucousy vaginal discharge. Some may even have a bloody discharge called a “pseudo-period”. These are normal.

**Vitamins** – Breast fed babies will be started on vitamins, such as Tri-Vi-Sol®, at 2 weeks of age. Fluoride should be started at 6 months for all babies with well water (whether breast or formula fed). Please alert your pediatrician after 6 months of age if you have a well, use only bottled water, or if your town does not put fluoride in its drinking water.

## **W**

**Walkers** – The incidence of accidental injury during infancy is increasing with the rising popularity of walkers. It is not safe to leave your baby unattended in a walker. We do not recommend walkers. Stationary saucers are fine.

**Water** – Supplemental water is not necessary during infancy. Boiling water is only necessary in the first 2 months of life; do not boil water for more than five minutes.

**Weaning** – Discuss when and how to wean with your pediatrician.

## **X**

**X-rays** – X-rays are seldom required. When an infant does need an x-ray however, a very low safe dose is used.

## **Y**

**Your Health** – Your own health is very important to the baby’s, so take good care of yourself!

## **Z**

**ZZZ** – Get some zzz’s. When your infant is sleeping so should you.

### **NEWBORN SURVIVAL KIT**

Rectal thermometer

Infant Acetaminophen / Tylenol®

Cotton balls

Bulb syringe

Saline nose drops (Baby Ayr®/Little Noses®/Generics are okay)

Mylicon® or Gaviscon®

Rubbing alcohol

Diaper Cream

Vaseline®

### **INFANT AND TODDLER SURVIVAL KIT**

All of the above items

Pedialyte®, Kao Lectrolyte®

First Aid Kit

Benadryl® or generic: Diphenhydramine

Tylenol® or generic: Acetaminophen

Motrin® or generic: Ibuprofen

## SYMPTOMS OF ILLNESS IN THE NEWBORN

**Rectal temperature of 100.5 degrees or greater/ 96.0 degrees or lower**

- Poor feeding
- Excessive irritability
- Lethargy
- Persistent cough

**CONSULT YOUR PEDIATRICIAN FOR ANY OF THE ABOVE SYMPTOMS!!!**

### ACETAMINOPHEN (Tylenol®) DOSE CHART

WEIGHT	DROPS	ELIXIR	CHEWABLE PILLS
LBS.	80 mg/0.8 ml	160 mg/TSP	80mg/TAB
6-11	0.4 ml	¼ tsp	½ tab.
12-17	0.8ml	½ tsp	1 tab.
18-23	0.4 ml +0.8 ml	¾ tsp	1 ½ tabs.
24-35	0.8 ml + 0.8 ml	1 tsp	2 tabs.
36-47		1 ½ tsp	3 tabs.
48-59		2 tsp	4 tabs.
60-71		2 ½ tsp	5 tabs.
72-95		3 tsp	6 tabs.

### IBUPROFEN(Motrin®/Advil®) DOSE CHART – Infants ≥ 4 months old

WEIGHT	DROPS	ELIXIR	CHEWABLES	TABLETS
LBS.	50 mg/1.25 ml	100 mg/TSP	100 mg/TAB	200 mg
10-15	1.25 ml			
15-20	1.875 ml			
20-30	2.5 ml	1 teaspoon		
30-40	3.75 ml	1 ½ teaspoon		
40-55		2 teaspoons	2	1
55-65		2 ½ teaspoons		
65-80		3 teaspoons	3	
80-110		4 teaspoons	4	2
110-130			5	
130-150			6	3

## SYMPTOMS OF ILLNESS IN INFANTS AND TODDLERS

**Fever** Treatment – Give your child the appropriate dose of Acetaminophen based on the child’s WEIGHT every four hours, or Ibuprofen based on the child’s WEIGHT every 6 hours. Do not use Ibuprofen in infants younger than four months old unless instructed by a doctor. For temperatures greater than 103 degrees in children under 3 years who appear uncomfortable, you may try a lukewarm water bath for 15 minutes. Children with fever should be lightly dressed and encouraged to drink fluids.

**Cold** (Runny nose, cough)  
**Consult** your pediatrician for colds associated with high fever, irritability, persistent cough, loose sounding cough, symptoms lasting more than 7 days, or if your child is up all night with a cold.  
**Treatment** – A bulb syringe (sparingly) or damp Q-tip® may be used to clean the nose. Normal saline nasal drops may be used to loosen the congestion. Elevate the head of the bed at night. Give decongestant upon the doctor’s recommendation.

**Vomiting**  
**Treatment** – Wait at least 1 hour after the last episode of vomiting, then give small sips of clear liquid (Pedialyte® or Kao Lectrolyte®, not water) frequently over the next 12 hours. If you are nursing, try to nurse more frequently for shorter periods. Consult your pediatrician for persistent vomiting, change in level of alertness, dry mouth, few wet diapers or vomiting associated with high fever, irritability or abdominal pain. Over the next 12-24 hours offer Pedialyte® or Kao Lectrolyte® as needed. You may resume solids when there has been no vomiting for 12-24 hours.

**Diarrhea**  
**Consult** your pediatrician if the patient has bloody stools, or exhibits any of the symptoms listed under “vomiting”.  
**Treatment** – Keep your child well hydrated. Continue to breast feed. For each large loose stool, feed an additional 2 ounces of formula or Pedialyte®. If your baby has already begun eating solids, feed the BRAT diet (B= banana, R=Rice/ rice cereal, A=Applesauce, T= toast/crackers). If diarrhea persists more than two days, avoid dairy products for 3 days. If your child has diarrhea only, without vomiting, you can feed normally insuring plenty of fluid intake.

# IMMUNIZATIONS

The doctors of Stamford Pediatrics strongly believe in immunizations. Immunizations have saved the lives of countless children. We never want to experience a child dying or becoming permanently disabled from a vaccine preventable disease. Because of this belief, we have come to a decision that those parents who disagree need to find care elsewhere.

## Immunization Schedule

2 months	IPV, DTaP, HIB/Hep B (COMVAX®), Prevnar, Rotateq®
4 months	IPV, DTaP, HIB/Hep B (COMVAX®), Prevnar, Rotateq®
6 months	DTaP, Prevnar, IPV, Rotateq®
12 months	Prevnar, MMRV
15 months	HIB/Hep B (COMVAX®), Hep A
18 months	DTaP
6-23 months	Fluzone®
24 month	Hep A
4 years	IPV, DTaP
5-10 years	MMR #2
6 years & up	Varivax Booster
11 year	Tdap
11 years & up	Gardasil®
11 years & up	Meningococcal Vaccine

(Thereafter Td every 10 years)  
(Hep B/Hep A/Varivax for all children who have not received it earlier.)

### Definitions:

**Hep A**= Hepatitis A

**Hep B** = Hepatitis B

**IPV** = Inactivated Polio Virus Vaccine

**DTaP** = Diphtheria, Tetanus, and Acellular Pertussis

**HIB** = Haemophilus b Influenzae

**MMR** = Measles, Mumps, Rubella

**MMRV**= Measles, Mumps, Rubella and Chicken Pox Vaccine

**Td** = Diphtheria and Tetanus

**Tdap**=Diphtheria, Tetanus, Acellular Pertussis

**Prevnar** = Pneumococcal Vaccine

**COMVAX®** = HIB and Hep B combination

**Menactra®** = Meningococcal Vaccine

**Varivax** = Chicken Pox Vaccine

**Fluzone®** = Flu Vaccine (as indicated by CDC guidelines)

**Rotateq®** = Rotavirus Vaccine

**Gardasil®** = Human Papillomavirus Vaccine (HPV)

The following Organizations can assist you in Immunization Education:

**www.cdc.gov** (Center for Disease Control)

**www.aap.org** (American Academy of Pediatrics)

**www.fda.gov** (Food and Drug Administration)

## TWO WEEK VISIT

**Parents' concerns** (Please write down your questions)

**Diet** Breast milk/formula; (Enfamil Lipil® With Iron)  
Vitamins like Tri-Vi-Sol® if breast fed  
Boil water for the first 2 months if formula fed.  
Wash bottles in hot soapy water, Dishwasher is fine.  
Do not give additional water bottles unless instructed by a doctor.  
Never give your infant honey.

### Safety Tips

- An infant car seat is essential for safety and is required by law.
- Protect your baby from fire by installing a smoke detector in your home.
- Protect your baby from older siblings and pets.
- To protect against SIDS, babies should sleep on their backs. They should sleep in a crib or bassinette, not in your bed.
- Guard against falls. Do not leave babies unattended on beds or changing tables.
- Do not use the microwave to warm up bottles.

### Recommendations

## **FOUR WEEK VISIT**

**Parents' concerns** (Please write down your questions)

**Diet** Breast milk/formula; (Enfamil Lipil® With Iron); Tri-Vi-Sol® for breast fed infants

**Recommendations**

## TWO MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** Breast milk/formula; (Enfamil Lipil® With Iron); Tri-Vi-Sol® for breast fed infants

### Immunizations

DTaP #1 – Diphtheria, Tetanus and Acellular Pertussis

IPV #1 – Inactivated Polio Vaccine

HIB/Hep B #1 – COMVAX® Vaccine

Prevnar #1 – Pneumococcal Vaccine

Rotateq® #1 – Rotavirus Vaccine

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours; vomiting and/or diarrhea within 7 days. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### Safety Tips

- Make sure that your crib and dressing table are secure.
- Avoid bottle-propping.
- Check bath water temperature.
- Guard against burns.
- Be sure your water heater is not hotter than 120° to prevent scald injuries.

### Recommendations

## FOUR MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** Breast milk/formula; (Enfamil Lipil® With Iron); Tri-Vi-Sol® for breast fed infants  
Begin rice cereal, vegetables, and fruits.  
Wait several days before introducing each new food.  
Do not feed your child honey.  
Babies are now capable of sleeping through the night without feeding.

### Immunizations

DTaP #2 – Diphtheria, Tetanus and Acellular Pertussis  
IPV #2 – Inactivated Polio Vaccine  
HIB/Hep B #2 – COMVAX® Vaccine  
Prevnar #2 – Pneumococcal Vaccine  
Rotateq® #2 – Rotavirus Vaccine

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours; vomiting and/or diarrhea within 7 days. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### Safety Tips

- Guard against falls.
- Keep small objects that might cause choking out of baby's reach. This includes food, toys, paper, etc. Anything within reach will probably wind up in your baby's mouth from now on.
- Guard against choking. Learn CPR.
- Walkers are very dangerous and we do not recommend them.
- Use sunscreen on the baby when outdoors (SPF 45 or higher).

### Recommendations

## SIX MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** Breast milk/formula; (Enfamil Lipil® With Iron); Tri-Vi-Sol® for breast fed infants.

When the baby is able to sit without support, introduce a sippy cup or straw cup.

May start stage 2 foods, meats.

No egg whites, peanut products, nut products, honey, shellfish, citrus or berries before 1 year old.

Vitamins with fluoride if you have well water or are using bottled water exclusively.

### Immunizations

DTaP #3 – Diphtheria, Tetanus and Acellular Pertussis

Prevnar #3 – Pneumococcal Vaccine

IPV #3 – Inactivated Polio Vaccine

Rotateq® #3 – Rotavirus Vaccine

Flu Vaccination during appropriate time of year.

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours; vomiting and/or diarrhea within 7 days. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### Safety Tips

- If your baby ingests a potentially harmful substance, call **poison control** at **1-800-222-1222**.
- Make sure that your high chair is stable.
- Place safety caps on all electrical outlets.
- Place guards around floor heaters.
- Inspect toys for loose or broken pieces.
- Walkers are very dangerous and we do not recommend them.
- Use sunscreen on the baby when outdoors (SPF 45 or higher).

### Recommendations

## NINE MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** At 8-10 months begin processed dairy products.  
When your child has pincer grasp you may start finger foods like cheerios, small pieces of bananas, Gerber puffs. Avoid foods that are choking hazards (i.e.: peanuts, nuts, popcorn, hot dogs, raisins, grapes, small hard candies).  
Fluoride as directed.

**Tests** Hemoglobin (blood test for anemia)  
Lead test when indicated

### **Immunizations**

Flu Vaccination during appropriate time of year.

### **Safety Tips**

- If your baby ingests a potentially harmful substance, call **poison control** at **1-800-222-1222**.
- Before your baby becomes too mobile, child proof your home!
- Remove all appliance cords from reach.
- Remove all chemicals, medications, and cleaning agents from reach.
- Use gates on stairways.
- An infant should never crawl or walk with food in their mouth.
- Check car safety seat height and weight requirements.

### **Recommendations**

## TWELVE MONTH VISIT

(Please make this appointment on or after your child's first birthday.)

**Parents' concerns** (Please write down your questions)

**Diet** Begin eggs, citrus, berries and whole milk. Table food may be started when the baby has several teeth. Fluoride as directed. Good time to stop the bottle. Avoid foods that are choking hazards (i.e.: peanuts, nuts, popcorn, hot dogs, raisins, grapes, small hard candies). No peanuts or shellfish until age two due to high incidence of food allergies.

### Immunizations

MMRV- Measles, Mumps, Rubella and Chicken Pox Vaccine

Prevnar #4 – Pneumococcal Vaccine

TB screen – Must return two days later for assessment of reaction.

Flu Vaccination during appropriate time of year.

**MMRV Reactions:** Less than 24 hours: Local tenderness, redness and swelling. 1-2 weeks after the shot: fever and/or mild rash, or flu-like illness.

**Prevnar/Flu Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### Safety Tips

- A toddler is an accident waiting to happen!
- Anticipate a dangerous situation and remove the threatening object or the toddler from the environment.
- Never leave your toddler alone.
- Be careful around water. Six inches of water is enough to drown.
- May change to forward facing car seat once child weighs 20 pounds.

### Recommendations

## FIFTEEN MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** Four basic food groups (dairy, meat, cereal, fruit/vegetables). Some toddlers become “picky eaters.” Be patient; healthy children will not allow themselves to starve!!! Do not feed more than 4 ounces of juice per day or more than 24 ounces of milk per day. Stop the bottle. Fluoride as directed. Remember, no peanuts or shellfish until age two due to high incidence of food allergies.

### **Immunizations-**

Hep A#1 – Hepatitis A

HIB/Hep B #3 – COMVAX® Vaccine

Flu Vaccine during appropriate time of year.

**Hep A/COMVAX® and Flu Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### **Safety Tips**

- Toddlers begin to climb. Guard against falls.
- Anticipate and PREVENT injuries.
- Do not leave hot beverages on tabletops to prevent scald injuries. Do not hold child while drinking hot beverages.
- Cook on back burners.

### **Recommendations**

## EIGHTEEN MONTH VISIT

**Parents' concerns** (Please write down your questions)

**Diet** See fifteen month visit.  
Remember, no peanuts or shellfish until age two due to high incidence of food allergies.

### **Immunizations**

DTaP #4 – Diphtheria, Tetanus, Acellular Pertussis  
Flu Vaccination during appropriate time of year.

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### **Safety Tips**

- Begin to teach your child water safety.
- Be sure your toddler remains in his/her car seat every time you drive. Set a good example. Always wear your own seat belt.
- Begin to teach street safety.

### **Recommendations**

## TWENTY ONE MONTH VISIT (OPTIONAL)

**Parents' concerns** (Please write down your questions)

**Diet** Stress good nutrition. Don't fill up on juice.

### **Immunizations**

Flu Vaccine during appropriate time of year

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

### **Recommendations**

- Child proof room and put gate up.
- Use a toddler bed if your child can climb out of the crib.

## TWO YEAR VISIT

**Parents' concerns** (Please write down your questions)

**Diet**      Stress good nutrition by keeping only healthy foods and snacks at home.  
              May use 1% or skim milk.  
              Fluoride as directed.

### **Immunizations**

Hep A #2 – Hepatitis A

**Reactions:** Local tenderness, redness and swelling, irritability and/or fever for 24 hours. Call office if symptoms persist more than 24 hours, temperature greater than 104°, crying for more than 3 hours. Call 911 if child has an allergic reaction (hives, difficulty breathing, hoarseness, wheezing, swelling of the throat, dizziness, paleness or fast heartbeat) or seizure.

**Tests**      Hemoglobin  
              Urinalysis (if toilet trained)  
              Lead test when indicated

### **Safety Tips**

- The world is your toddler's oyster. Make sure that his/her outdoor environment is safe.
- Teach street safety.
- Be aware of swimming pool dangers.

### **Recommendations**

- Consider toilet training.

## **TWO AND A HALF YEAR VISIT (OPTIONAL)**

**Parents' concerns** (Please write down your questions)

**Diet**      Stress good nutrition by keeping only healthy foods and snacks at home.  
                 May use 1% or skim milk.  
                 Fluoride as directed.

**Immunizations**

**Tests**

**Safety Tips**

- Teach child to be kind to animals and cautious near them.
- Lock doors to dangerous areas.
- Begin to teach stranger safety.

**Recommendations**

## **THREE YEAR VISIT**

**Parents' concerns** (Please write down your questions)

**Diet**      Stress good nutrition and healthy snacks.  
                Fluoride as directed.

### **Immunizations**

**Tests**      Blood pressure  
                Urinalysis (if toilet trained)

### **Safety Tips**

- Teach child to be kind to animals and cautious near them.
- Lock doors to dangerous areas.
- Begin to teach stranger safety.

### **Recommendations**

Dental visit



**IMMUNIZATIONS**

Date:		Rotateq®			
Polio	1	Rotateq®	1		
	2		2		
	3		3		
	4	Gardasil®	1		
	5		2		
DTaP	1	Meningococcal	1		
	2	Other	1		4
	3		2		5
	4		3		6
	5	<b>LAB TESTS</b>			
Td	1	<b>Dates:</b>		<b>Results:</b>	
Tdap	1	PPD	1		
HIB	1		2		
	2		3		
	3		4		
	4	Hgb	1		
Hep B	1		2		
	2		3		
	3		4		
	4		5		
Prevnar	1		6		
	2	PKU	1		
	3		Lead	1	
	4	2			
Varivax	1				
	2				
MMR	1				
	2				
	3				
Hep A	1				
	2				
MMRV	1				
	2				

Blood Types:

Mother - \_\_\_\_\_

Baby - \_\_\_\_\_

Name: