



Name _____

Expected due date _____



At Today's Visit

- You and your health professional will have an opportunity to talk about how your pregnancy is going.
- Your health professional will ask you questions about your pregnancy and the preparations you've made for the new baby.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Excitement, nervousness about being a new mother/parent.
- Preparations you've made at home.
- Your physical and emotional well-being.
- Preparing your other children for the new baby.
- Questions about breastfeeding and bottlefeeding.
- Questions about circumcision.
- Plans for returning to work or school.
- Child care arrangements.
- Concerns about food or supplies for the new baby.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer's instructions.
- Never place your baby's safety seat in the front seat of a vehicle with a passenger air bag.
- The back seat is the safest place for children of any age to ride.
- Set the hot water heater thermostat lower than 120°F.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Keep your home and car smoke-free.
- Install smoke alarms in your home.
- Do not smoke or use drugs or alcohol.
- Keep your prenatal appointments.
- Attend childbirth and infant CPR classes.
- Expect changes in family relationships.
- Prepare your other children for the arrival of the new baby.
- Anticipate that you may feel tired sometimes or have the "baby blues" after your baby is born.
- Ask friends and family to help out when you need it.



How to Prepare for the Next Visit

- Be prepared to talk about family members' reactions to the new baby.
- Be aware of your own physical and emotional well-being and discuss any concerns you may have with the health professional.
- Bring in questions or concerns about breastfeeding or bottlefeeding.
- Have questions ready about safety (safety seats, cribs, your home).
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing will be tested.
- Your baby will have a blood test.
- Your baby may receive an immunization.



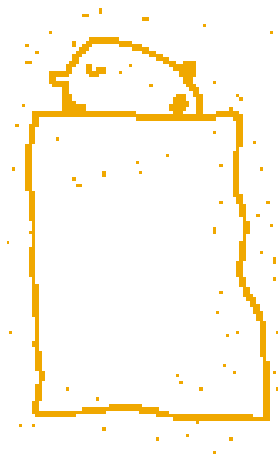
Name _____

DOB _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about how things are going with your new baby.
- Your baby will have a physical examination.
- Your baby's hearing will be tested.
- Your baby will have a blood test.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.



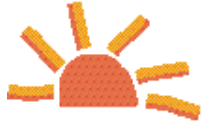
Things You May Want to Discuss During This Visit

- How you are feeling after your delivery.
- Questions you may have about feeding your baby.
- Caring for yourself: getting plenty of rest, eating healthy foods. (If breastfeeding, ask questions about drinking plenty of fluids, relieving breast engorgement or tenderness, caring for nipples.)
- Your arrangements at home for the new baby.
- Who to turn to when you have questions about your baby's care.
- Any other topics you may want to discuss.

Notes:



Name _____

Bright Futures

Things to Keep in Mind Between Now and the Next Visit

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer's instructions.
- The back seat is the safest place for children of any age to ride.
- Never place your baby's safety seat in the front seat of a vehicle with a passenger air bag.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on her back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- If breastfeeding: Hold your baby and get him to latch on properly. Feed on demand 8–12 times a day until he seems content. Expect six to eight wet diapers daily.
- If bottlefeeding: Use iron-fortified formula, and review formula preparation and feeding techniques. Hold your baby in a semi-sitting position.
- Do not warm bottles in a microwave.
- Learn cord, circumcision, skin, and nail care and signs of illness.
- Try to comfort your baby by holding, cuddling, or rocking her.
- Rest while your baby is sleeping; realize there may be times when you feel tired, overwhelmed, or blue.



How to Prepare for the Next Visit

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby's sleeping and eating behaviors.
- Note changes in your own feelings and well-being.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing may be checked.
- Your baby may have a blood test.
- Your baby may receive an immunization.

Notes:



Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby may have a blood test.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Your baby's personality.
- Your baby's fussy periods; how to comfort your baby.
- Questions or concerns about breastfeeding or bottlefeeding.
- How to deal with feeling tired or blue.
- Getting enough rest and time for yourself.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit



- Use a rear-facing infant safety seat in the back seat of your car.
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Learn signs of illness: fever; seizure; skin rash; unusual irritability or lethargy; failure to eat; vomiting; diarrhea; dehydration; jaundice (yellowing of eyes and skin); apnea (long pauses in breathing).
- Never, never shake your baby.
- Keep your home and car smoke-free.

- Do not put your baby to bed with a bottle or prop it in her mouth.
- Do not warm bottles in a microwave.
- Try to console your baby when he cries; crying may peak at 6 weeks of age.
- Hold, cuddle, and rock your baby; talk and sing to her.
- Encourage your partner to help care for the baby.
- Accept support from friends and family; learn about parent support groups.
- Schedule a postpartum checkup.

How to Prepare for the Next Visit

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby's sleeping and eating behaviors.
- Be prepared to share information about safety in your home and neighborhood.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby may receive an immunization.

Notes:



Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

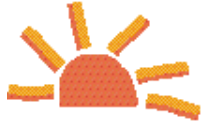
- Your baby's personality.
- Your baby's fussy periods; how to comfort your baby.
- Your baby's sleeping habits.
- Questions or concerns about breastfeeding or bottlefeeding.
- Dealing with feeling tired or blue.
- Plans to return to work or school.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Put your baby to sleep on his back or side (back is preferred); avoid the use of soft bedding.
- Test bath water temperature with your wrist to make sure it's not too hot.
- Do not drink hot liquids or smoke cigarettes while holding your baby. Keep your home and car smoke-free.
- Be sure your baby is gaining weight.
- Keep small and sharp objects and plastic bags out of reach.
- Delay giving solid foods until your baby is 4–6 months old. Do not put cereal in her bottle.
- Do not put your baby to bed with a bottle or prop it in his mouth.
- Try to console your baby when she cries; crying may peak at 6 weeks of age.
- Wash your hands frequently, especially after diaper changes and before feeding your baby.
- Have your postpartum checkup; discuss family planning with your partner and the health professional.
- Think about child care arrangements and how they will meet your baby's and your family's needs.



How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby's eating and sleeping behaviors.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Talk with family members and your baby's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby will receive one or more immunizations.

Notes:



Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby's hearing may be checked if it wasn't tested earlier.
- Your baby will receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Your baby's sleeping habits and schedule.
- Observations about your baby's vision and hearing.
- Making time to go out without your baby.
- Spending time with other parents and babies.
- Changes in your family since your last visit.
- Questions or concerns about breastfeeding or bottlefeeding.
- How your other children have adjusted to the baby.
- Some things your baby can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Put your baby to sleep on her back or side (back is preferred); avoid the use of soft bedding.
- Keep small and sharp objects and plastic bags out of reach.
- Delay giving solid foods until your baby is 4–6 months old. Do not put cereal in his bottle.
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Wash your hands often, especially after diapering and before feeding your baby.
- Learn your baby’s temperament. Hold, cuddle, and rock your baby; talk and sing to him.
- Always keep one hand on your baby, and do not leave her alone in the bathtub or on high places.
- Consider attending parent support groups or parenting classes.
- Take time for yourself and time with your partner.

How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit with the health professional even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby’s eating and sleeping behaviors.
- Bring in the Individualized Family Service Plan if your baby has special needs.
- Update your baby’s health and immunization records.
- Be prepared to discuss your baby’s possible exposure to lead, tuberculosis, violence, or other hazards.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby will receive one or more immunizations.



Notes:



Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby will receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

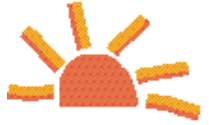
- How your family is getting along.
- Getting the help you need with your baby.
- How to tell what your baby wants and needs.
- Your baby's sleeping habits.
- Plans to return to work or school, and child care arrangements.
- Finding time for you and your partner to go out without your baby; choosing responsible babysitters.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Childproof your home. Keep medicines, cleaning aids, small or sharp objects, plastic bags, balloons, sockets, cords, and guns out of your baby’s reach.
- Keep the number of your local poison control center handy. Obtain a bottle of ipecac syrup but use it only when the poison control center or your health professional tells you to.
- Do not put your baby in a baby walker at any age.
- Always keep one hand on your baby, and do not leave him alone in the bathtub or on high places.
- Introduce solid foods gradually (one per week). Start with iron-fortified baby cereal, then pureed foods (fruits or vegetables, then meats).
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Establish a bedtime routine, and put your baby to bed while he’s awake.
- Encourage your partner and other children to help out with the baby.

How to Prepare for the Next Visit

- Share with family members and other caregivers what you’ve learned at today’s visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to share information about your baby’s possible allergies to food or medication.
- Talk with family members and your baby’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby will receive one or more immunizations.

Notes:





Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby will receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- Your baby's daily activities.
- Questions about breastfeeding or bottlefeeding.
- Foods your baby is eating and any reactions to them.
- Concerns about your baby's hearing or vision.
- Balancing the roles of partner and parent.
- Child care arrangements.
- Some things your baby can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Continue to use a rear-facing safety seat in the back seat of your car.
- Childproof your home. Keep small and sharp objects, plastic bags, hot liquids, poisons, medications, outlets, cords, and guns out of reach.
- Always keep one hand on your baby, and do not leave her alone in the bathtub or on high places.
- Do not give your baby foods that could cause choking, such as peanuts, popcorn, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, tough meat, or large pieces of food.
- Do not put your baby in a baby walker at any age.
- Ask your dentist about infant fluoride supplements.
- Provide opportunities for safe exploration and play games with your baby (pat-a-cake, peekaboo).
- Keep your home and car smoke-free.



How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby's eating and sleeping behaviors.
- Think about your own well-being and be prepared to discuss any concerns.
- Be prepared to provide information about changes in your family (births, deaths, marriages, divorces, losses of income, moves).
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- You may be asked about your baby's possible exposure to lead.
- Your baby may be checked for anemia (iron-poor blood).
- Your baby may have a blood test.
- Your baby may receive one or more immunizations.

Notes:



Name _____

Age _____ Weight _____ Length _____



At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- You may be asked about your baby's possible exposure to lead.
- Your baby may be checked for anemia (iron-poor blood).
- Your baby may have a blood test.
- Your baby may receive one or more immunizations: hepatitis; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Your baby's eating and sleeping habits.
- Childproofing your home and checking for hazards.
- Your baby's increasing independence.
- Keeping up with your baby.
- Finding time for yourself.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.



Notes:



Name _____

**Things to Keep in Mind Between Now and the Next Visit**

- Continue to use a rear-facing safety seat in the back seat of your car.
- Do not put your baby in a baby walker at any age.
- Do not give your baby foods that could cause choking, such as peanuts, popcorn, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, tough meat, or large pieces of food.
- Supervise your baby while he is eating.
- Brush your baby's teeth with a soft toothbrush and water only.
- Talk, read, and sing to your baby.
- Play games with your baby (pat-a-cake, peekaboo); provide safe toys.
- Encourage your partner and your other children to help out with the baby.
- Join play groups and parent support groups.

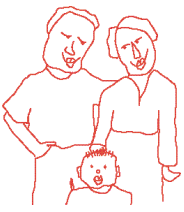
**How to Prepare for the Next Visit**

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions about your baby's development (eating, temperament, activity level, thumbsucking, or use of pacifier).
- Be prepared to discuss any reactions or side effects your baby has had as a result of immunizations.
- Talk with family members and the baby's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- You may be asked about your baby's possible exposure to lead.
- Your baby may be checked for anemia (iron-poor blood).
- Your baby may have a blood test.
- Your baby may be tested for tuberculosis.
- Your baby will receive one or more immunizations.

Notes:



1 YEAR VISIT

Date: _____

Name _____

Age _____ Weight _____ Length _____



At Today's Visit

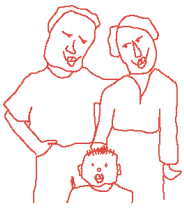
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- You will be asked about your toddler's possible exposure to lead.
- Your toddler may be checked for anemia (iron-poor blood).
- Your toddler may have a blood test.
- Your toddler may be tested for tuberculosis.
- Your toddler will receive one or more immunizations: hepatitis; Hib; polio; MMR; chickenpox. Ask your health professional about them.
- You will have an opportunity to ask questions.



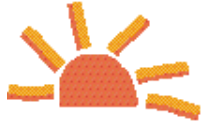
Things You May Want to Discuss During This Visit

- Involvement of other family members in the toddler's care.
- What you and your partner think about discipline.
- Your toddler's sleeping, eating, and playing patterns.
- Childproofing your home and checking for hazards.
- Changes in your family since your last visit.
- Some things your toddler can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- If your toddler weighs at least 20 pounds, switch to a forward-facing safety seat and install it in the back seat following the vehicle owner's manual and manufacturer's instructions.
- Never place your toddler's safety seat in the front seat of a vehicle with a passenger air bag.
- Supervise your toddler constantly near water. Empty tubs, buckets, pools.
- Watch your toddler closely, especially near dogs, lawnmowers, driveways, and streets.
- Use safety gates, cabinet locks, and window guards.
- Lower the crib mattress.
- Limit time spent in the sun and use sunscreen (SPF 15 or higher).
- Give your toddler healthy foods and pasteurized whole milk.
- Allow your toddler to experiment with food but do not force him to eat.
- Make an appointment for your toddler to see the dentist.
- Keep a regular bedtime routine and expect your toddler to sleep through the night.
- Choose caregivers carefully and limit the number of people providing care.



How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler's eating, sleeping, and social behaviors.
- Write down questions and concerns about dental care and chronic health problems.
- Make a list of activities and games you enjoy with your toddler and share it with the health professional.
- Talk with your toddler about the visit with the health professional, including the physical exam, immunizations, and other procedures.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations.