





Questions for the Parent(s)-To-Be

- What questions do you have today?
- How has your pregnancy progressed?
- Have you had any physical or emotional problems during the pregnancy? In previous pregnancies?
- Many expectant parents have concerns about the baby or themselves. What concerns do you have?
- How are preparations for your baby progressing?
- Where do you plan to give birth?
- Who will help when you come home?
- Have you obtained an infant safety seat and installed it in the back seat of the car, following the vehicle owner's manual and manufacturer's instructions?
- What are your plans for feeding your baby? If you plan to breastfeed, do you need additional information? Or do you plan to use iron-fortified formula? How did you decide?
- Do you know that back sleeping is the best sleep position for your baby?
- If your baby is a boy, what are your thoughts about circumcision?
- Was this a good time for you to be pregnant? How does your family feel about it?
- Do you have other children? Have you talked with them about the pregnancy?
- Do you plan to raise your baby the way you were raised or somewhat differently? What would you change?
- Are you concerned that your baby may inherit any diseases or other characteristics that run in the family? Have you ever had genetic counseling?
- Are you taking any medications during pregnancy?
- Are you eating a variety of healthy foods and staying physically active?
- Have you been exposed to any sexually transmitted diseases, including herpes? Have you been offered an HIV test?
- How often do you or your partner smoke? Did you know that smoking and secondhand smoke are harmful to your family's health?
- How often do you or your partner drink alcohol? Have you or your partner used any drugs? Which drugs?
- Do you plan to return to work? To school? Have you thought about child care arrangements?
- Are you concerned about being able to afford food or supplies for your baby?
- *If question can be asked confidentially:* Does your partner ever threaten or hurt you?

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- ☀️ Install rear-facing infant safety seat in back seat of car
 - Never place baby in front seat with a passenger air bag
 - Be sure that crib is safe, with slats $\leq 2\frac{3}{8}$ " apart
- ☀️ Put baby to sleep on back or side (back preferred) to reduce SIDS risk
 - Don't use soft bedding (quilts, blankets, pillows) or soft toys
 - Keep room temperature comfortable, not too warm
 - Set water temperature $<120^{\circ}\text{F}$
 - Don't use baby walkers
 - Install smoke alarms
- ☀️ Keep home and car smoke-free
 - Don't smoke or use drugs, alcohol
 - Check home for lead hazards
 - Attend childbirth classes
 - Learn infant CPR

Nutrition

- ☀️ *Discuss breastfeeding:* expectations, preparation, getting started
- ☀️ *Discuss bottlefeeding:* iron-fortified formula, semi-sitting feeding position
 - Learn to recognize hunger signs and feed baby on demand

Oral Health

- Don't put baby to bed with bottle
- Practice good family oral health habits (brushing, flossing)
- ☀️ Have dental checkup before baby is born

Family Relationships

- Expect changes in family relationships
- Plan to help each other with baby
- Prepare older siblings for baby
- Let go of less important tasks for a month or two

- ☀️ Anticipate sometimes feeling tired, overwhelmed, or "blue"
- ☀️ Develop support system (friends, family, community)

For the Health Professional

- ☀️ Discuss newborn physical exam and additional screening procedures performed in the hospital
 - Provide information on family preparation for future health visits
 - Offer materials to review at home
 - Suggest breastfeeding resources
 - Suggest resources/referrals (Medicaid, food, WIC, housing, infant safety seat)
- Discuss how to access health care (office/clinic hours, after-hours and emergency care)





Questions for the Parent(s)

- Congratulations on your new baby! Theresa is doing well and weighs 7 pounds, 10 ounces, today.
- How are you feeling? How did the delivery go?
- What questions or concerns do you have about caring for Theresa?
- *If breastfeeding:* How do you think feeding is going? What questions do you have about breastfeeding?
- *If bottlefeeding:* Will you use iron-fortified formula? How will nipples/bottles be cleaned after feedings?
- Do you know that the best sleep position for Joel is on his back?
- Is everything set for you to take Joel home?
- Do you have a rear-facing infant safety seat to use when you bring him home?
- Who will help you at home?
- When you have questions about the baby, who will you ask?

Developmental Observation

Do parents respond to baby's needs? Are they comfortable when feeding, holding, or caring for baby? Do they have visitors or other signs of support? Does baby latch on to the breast and suck well when breastfeeding?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart.

Vital signs: temperature, heart rate, respiratory rate

Note skin mottling, erythema toxicum, hemangiomas, nevi, mongolian spots, birthmarks

Pallor, jaundice, peripheral or central cyanosis

Head shape, size, signs of trauma

Ability to fix/follow human face, respond to human voice

Eyes (red reflex, puffy eyes, subconjunctival hemorrhages)

Ear shape, patent nares, intact palate

Ability to suck and swallow

Tachypnea/retractions, air movement

Cardiac murmurs; femoral pulses

Breast engorgement

Abdominal masses or distention; genitalia, rectum

Intact spine, clavicle fractures, developmental hip dysplasia, foot abnormalities

Moro reflex, muscle tone, symmetrical movements

Screening: Metabolic and hemoglobinopathy; initial hearing screening. Examine eyes (see exam, above).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- ☀️ Use infant safety seat in back seat
- ☀️ Never place baby in front seat with a passenger air bag
 - Back seat is safest place for baby
 - Be sure that crib is safe, with slats $\leq 2\frac{3}{8}$ " apart
- ☀️ Put baby to sleep on back or side (back preferred) to reduce SIDS risk
 - Don't use soft bedding (quilts, blankets, pillows) or soft toys
 - Be sure baby isn't too warm when sleeping
 - Set water heater $<120^{\circ}\text{F}$
- ☀️ Never shake baby
 - Keep home and car smoke-free
 - Keep hot liquids away from baby
 - Don't smoke or use drugs, alcohol
- ☀️ Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, jaundice

Nutrition

- ☀️ *If breastfeeding:* Review holding, latching on, feeding on demand, 6–8 wet diapers a day
 - Discuss maternal care: rest, fluids, breast engorgement, nipple care, eating, follow-up support
- ☀️ *If bottlefeeding:* Discuss iron-fortified formula, feeding techniques, equipment, semi-sitting position
 - Don't warm bottles in microwave

Oral Health

- Don't put baby to bed with bottle
- Practice good family oral health habits (brushing, flossing)

Infant Care

- ☀️ Discuss cord care, circumcision, skin and nail care, vaginal discharge/bleeding, burping, crying, hiccups, spitting up, thumbsucking, pacifiers, sleeping, stools, thermometer use, clothing

Parent-Infant Interaction

- Learn baby's temperament
- Try to console baby
- Cuddle, rock baby

Family Relationships

- Encourage partner to help care for baby
- ☀️ Rest when baby sleeps
 - Recognize fatigue, depression
 - Accept support from friends, family
 - Prepare for sibling reactions

For the Health Professional

- ☀️ Discuss strengths of infant, family
 - Arrange follow-up call or visit in 1–3 days
 - Prepare family for next health visit, and schedule it within the first week as indicated
 - Suggest resources/referrals (breastfeeding, food, housing)
 - Discuss office/clinic hours, after-hours and emergency care





Questions for the Parent(s)

- How are you today? How is Carlotta doing?
- How would you describe her personality? What do you enjoy most about her?
- What questions or concerns do you have today?
- How fussy has Carlotta been? What have you found that seems to help?
- How do you tell when she wants to be fed? Wants to go to sleep?
- *If breastfeeding:* How often and for how long do you breastfeed? What questions or concerns do you have about breastfeeding?
- *If bottlefeeding:* How many ounces does Carlotta drink per feeding? What is the total for 24 hours?
- Do you put Bruce to sleep on his back?
- Does Bruce ride in a rear-facing infant safety seat in the back seat of the car?
- Have you been feeling tired or blue? What do you do when you feel that way?
- Who helps you with Bruce? Are you getting enough help? Enough rest?
- Do you know what to do in case of emergency?

Developmental Observation

Milestones: Responds to sound by startling, blinking, crying, quieting, or changing respiration; fixates on human face, follows with eyes; responds to parent's face and voice; has flexed posture; moves all extremities.

Observation: Does parent seem depressed, tearful, angry, fatigued, overwhelmed, or uncomfortable? If both parents visit, do they share holding and caring for baby? Do they respond to baby's cues?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note jaundice, pallor, dehydration, irritability or lethargy, tachypnea, tachycardia, cardiac murmurs, abdominal distention or masses, developmental hip dysplasia.

Screening: Metabolic and hemoglobinopathy; initial hearing screening if not done in hospital. Examine eyes (red reflex, strabismus, dacryocystitis).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- ☀️ Use infant safety seat in back seat
 - Never place baby in front seat with a passenger air bag
 - Back seat is safest place for baby
 - Be sure that crib is safe, with slats $\leq 2\frac{3}{8}$ " apart
- ☀️ Put baby to sleep on back or side (back preferred) to reduce SIDS risk
 - Don't use soft bedding, soft toys
 - Be sure baby isn't too warm when sleeping
 - Set water heater $<120^{\circ}\text{F}$
- ☀️ Keep home and car smoke-free
 - Install/check smoke alarms
 - Never shake baby
 - Don't leave baby alone in tub, high places; always keep hand on baby
 - Keep hot liquids away from baby
 - Don't smoke or use drugs, alcohol
 - Avoid direct sun

☀️ Wash hands often

- ☀️ Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, jaundice, apnea, cyanosis
- Review emergency procedures

Nutrition

- ☀️ Breastfeed on demand, or bottle-feed with iron-fortified formula
- Don't warm bottles in microwave

Oral Health

- Don't put baby to bed with bottle
- Practice good family oral health habits (brushing, flossing)

Infant Care

- ☀️ Discuss questions/concerns about cord care, circumcision, skin and nail care, colic, crying, sneezing, hiccups, burping, spitting up, thumbsucking, pacifiers, sleeping, stools, thermometer use, clothing

Parent-Infant Interaction

- Learn baby's temperament
- Try to console baby; crying may peak at 6 weeks
- ☀️ Hold, cuddle, and play with baby
- Talk and sing to baby

Family Relationships

- Take time for self, time with partner
- Recognize fatigue, depression
- ☀️ Encourage partner to help care for baby
- ☀️ Accept support from friends, family
- Give siblings attention
- Schedule postpartum checkup

Community Interaction

- Ask for resources/referrals if needed
- Learn about parenting classes
- Discuss child care arrangements





Questions for the Parent(s)

- How is Juan doing? How would you describe his personality?
- What questions or concerns do you have today?
- Is Juan easy or difficult to console? What seems to work during his fussy periods?
- Do you put him on his back to sleep?
- How do you tell when Monica wants to be fed? Wants to go to sleep?
- *If breastfeeding:* How often and for how long do you breastfeed? What questions or concerns do you have about breastfeeding?
- *If bottlefeeding:* How many ounces does Monica drink per feeding? What is the total for 24 hours?
- Does Monica ride in a rear-facing infant safety seat in the back seat of the car?
- Do you think Monica hears all right? Sees all right?
- Have you been feeling tired or blue? What do you do when you feel that way?
- Who helps you with Monica? Are you getting enough help? Enough rest?
- How are your other children doing?
- Do you plan to return to work or school?

Developmental Observation

Milestones: Responds to sound by startling, blinking, crying, quieting, or changing respiration; fixates on human face, follows with eyes; responds to parent's face and voice; lifts head momentarily when prone; has flexed posture; moves all extremities; can sleep 3–4 hours at a time, and stay awake 1 hour or longer; when crying, can usually be consoled by being talked to or held.

Observation: Does parent seem depressed, angry, anxious, fatigued, overwhelmed, or uncomfortable? Does parent respond to baby's cues?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note cardiac murmurs, developmental hip dysplasia, abdominal masses, thrush, cradle cap, diaper dermatitis, possible neglect/abuse.

Screening: Initial hearing screening by 1 month. Examine eyes (red reflex, dacryostenosis, dacryocystitis).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.



ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- ☀️ Use infant safety seat in back seat
 - Never place baby in front seat with a passenger air bag
- ☀️ Put baby to sleep on back or side (back preferred) to reduce SIDS risk
 - Don't use soft bedding, soft toys
 - Test water temperature with wrist
- ☀️ Keep home and car smoke-free
 - Keep hot liquids away from baby
 - Never shake baby
 - Avoid direct sun
- ☀️ Don't leave baby alone in tub, high places; always keep hand on baby
 - Keep small/sharp objects, plastic bags out of reach
 - Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration
- ☀️ Review emergency procedures

Nutrition

- Be sure baby is gaining weight
- Breastfeed on demand, or bottle-feed with iron-fortified formula
- Don't put cereal in bottle
- ☀️ Delay solid foods until 4–6 months
- Don't warm bottles in microwave

Oral Health

- Don't put baby to bed with bottle
- Practice good family oral health habits (brushing, flossing)

Infant Care

- ☀️ Discuss questions/concerns about skin and nail care, bathing, colic, crying, thumbsucking, pacifiers, sleeping, bowel movements, thermometer use

Parent-Infant Interaction

- Learn baby's temperament
- ☀️ Try to console baby; crying may peak at 6 weeks

- Hold, cuddle, and play with baby
- Talk and sing to baby

Family Relationships

- Take time for self, time with partner
- Encourage partner to help care for baby
- Keep in contact with friends, family
- Give siblings attention
- Have postpartum checkup
- ☀️ Discuss family planning
- If returning to work: discuss breastfeeding, feelings about leaving baby

Community Interaction

- Ask for resources/referrals if needed
- Consider parenting classes
- ☀️ Discuss child care, returning to work



Questions for the Parent(s)

- How is Kaitlin doing? How would you describe her personality?
- What do you enjoy most about parenting? What do you find most difficult?
- What questions or concerns do you have today?
- How is Kaitlin sleeping? Does she have a regular schedule now?
- Do you continue to put her on her back to sleep?
- *If breastfeeding:* How often and for how long do you breastfeed? Any concerns about feeding?
- *If bottlefeeding:* How many ounces does Michael drink per feeding? What is the total for 24 hours?
- Do you think Michael hears all right? Sees all right?
- Does Michael ride in a rear-facing infant safety seat in the back seat of the car?
- How are your other children? How much time do you spend with them individually?
- Have you had your postpartum checkup? Did you discuss family planning?
- Are you returning to work or school? What plans have you made for child care?

Developmental Observation

Milestones: Coos and vocalizes reciprocally; is attentive to voices, other sounds, visual stimuli; smiles responsively; shows pleasure interacting with parents, primary caregivers; in prone position, lifts head, neck, and upper chest with support on forearms; some head control in upright position.

Observation: Are parent and baby interested in and responsive to each other? Does parent seem depressed, angry, tired, overwhelmed, or uncomfortable? Does parent comfort baby effectively?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note torticollis, metatarsus adductus, developmental hip dysplasia, cardiac murmurs, neurologic problems, abdominal masses, possible neglect/abuse.

Screening: Initial hearing screening if not done earlier. Examine eyes (red reflex, strabismus, eye alignment).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.



ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- Use infant safety seat in back seat
- Never place baby in front seat with a passenger air bag
- ☀️ Put baby to sleep on back or side (back preferred) to reduce SIDS risk
- ☀️ Don't use soft bedding, soft toys
 - Test water temperature with wrist
- ☀️ Never shake baby
 - Keep hot liquids away from baby
 - Never leave baby alone with young siblings or pets
- ☀️ Don't leave baby alone in tub, high places (changing tables, beds, sofas); always keep hand on baby
- Keep small/sharp objects, plastic bags out of reach
- Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration

- Keep home and car smoke-free
- Wash hands often, clean toys
- Review emergency procedures for home, child care
- Avoid direct sun

Nutrition

- Be sure baby is gaining weight
- Breastfeed on demand, or bottle-feed with iron-fortified formula
- Don't put cereal in bottle
- ☀️ Delay solid foods until 4–6 months
- Don't warm bottles in microwave

Oral Health

- ☀️ Don't put baby to bed with bottle
- Practice good family oral health habits (brushing, flossing)

Infant Care

- Discuss concerns about skin and nail care, colic, crying, thumb-sucking, pacifiers, sleeping, bowel movements, thermometer use

Parent-Infant Interaction

- ☀️ Learn baby's temperament
 - Hold, cuddle, and play with baby
 - Talk, sing, read to baby; play music
- ☀️ Establish bedtime routine
 - Provide age-appropriate toys

Family Relationships

- ☀️ Take time for self, time with partner
 - Encourage partner to help care for baby
 - Choose responsible babysitters
 - Keep in contact with friends, family
- ☀️ Meet needs of other children
 - Discuss family planning

Community Interaction

- Ask for resources/referrals if needed
- Consider parenting classes
- Discuss child care, returning to work



Questions for the Parent(s)

- What new things is Bobby doing?
- What questions or concerns do you have today?
- How do you know what Bobby needs or wants? Is it easy or difficult to tell?
- What have you found to be the best way to comfort him?
- How is feeding going? What do you feed Bobby?
- Tell me about Sabrina's sleeping habits. Do you put her on her back to sleep?
- Does Sabrina ride in a rear-facing infant safety seat in the back seat of the car?
- Do you think Sabrina hears all right? Sees all right?
- Do you know how to reduce the risk of lead hazards if you live in an older or recently renovated home?
- Have you returned to work or school? Do you plan to do so? What are your child care arrangements?
- Do you know what to do in case of an emergency? Do you know first aid and infant CPR?
- Is there a gun in your home? Is it unloaded and locked up? Have you considered removing the gun because of the dangers to children?

Developmental Observation

- How does Jerome move around?
- Tell me about Jerome's typical play.

Milestones: Babbles, coos; smiles, laughs, squeals; holds head upright in prone position; raises body on hands; rolls over from front to back; opens hands, holds own hands, grasps rattle; controls head well; reaches for, bats objects; recognizes parent's voice/touch; has spontaneous social smile; may sleep 6 hours; self-comforts, falls asleep without breast or bottle.

Observation: Do parent and baby respond to each other? How does parent attend to baby during exam? How does parent comfort baby when he cries?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note cardiac murmurs, developmental hip dysplasia, neurologic problems, possible neglect/abuse.

Screening: Initial hearing screening if not done earlier. Examine eyes (red reflex, strabismus).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY



Healthy and Safe Habits

Injury and Illness Prevention

- ☀️ Use infant safety seat in back seat
 - Never place baby in front seat with a passenger air bag
 - Put baby to sleep on back or side (back preferred) to reduce SIDS risk
- ☀️ Don't use soft bedding, soft toys
 - Test water temperature with wrist
 - Never leave baby alone with young siblings or pets
 - Don't leave baby alone in tub, high places (changing tables, beds, sofas); always keep hand on baby
 - Keep home and car smoke-free
 - Avoid direct sun
 - Never shake baby
- ☀️ Childproof home (hot liquids, cigarettes, alcohol, poisons, medicines, outlets, cords, small/sharp objects, plastic bags, safety locks)
 - Use safety locks on cabinets

- ☀️ Don't use baby walkers

- Wash hands often, clean toys
- Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration

Nutrition

- Breastfeed or give iron-fortified formula
- If breastfeeding exclusively, give iron supplement
- ☀️ Introduce solids at 4–6 months (iron-fortified cereal first, then pureed fruits, vegetables, meats)
 - Wait ≥ 1 week to add a new food
 - Don't feed baby directly from jars or warm jars in microwave

Oral Health

- ☀️ Don't put baby to bed with bottle
 - Discuss teething
 - Practice good family oral health habits (brushing, flossing)

Parent-Infant Interaction

- Hold, cuddle, and play with baby
- ☀️ Talk, sing, read to baby; play music
 - Play pat-a-cake, peek-a-boo
 - Provide age-appropriate toys
- ☀️ Set bedtime routine; put baby to bed awake
 - Give same comfort object (toy, blanket, stuffed animal)

Family Relationships

- Take time for self, time with partner
- Encourage partner to help care for baby
- Keep in contact with friends, family
- Give siblings attention
- Choose responsible babysitters
- ☀️ Discuss child care, returning to work

Community Interaction

- ☀️ Ask for resources/referrals if needed
 - Consider parenting classes
 - Maintain ties to community



Questions for the Parent(s)

- How is Rosa? What new things is she doing?
- What questions or concerns do you have today?
- Are you breastfeeding Rosa? If not, what formula do you use? How often do you feed her? What's the total amount of formula you use each day?
- Have you introduced solids? What is Charles eating? Tell me about any reactions he's had.
- Do you continue to put Charles on his back to sleep?
- Do you think Charles sees all right? Hears all right? Does he turn his head when you enter the room?
- Does Charles ride in a rear-facing infant safety seat in the back seat of the car?
- How are your child care arrangements working?
- How are you balancing your roles of partner and parent? When do you make time for yourself?
- Is there a gun in your home? Is it unloaded and locked up? Have you considered removing the gun because of the dangers to children?

Developmental Observation

- How does Katherine communicate what she wants?
- How does she act around other people?

Milestones: Says “dada” or “baba”; babbles reciprocally; rolls over; has no head lag when pulled to sit; sits with support; stands and bears weight when placed; grasps and mouths objects; shows differential recognition of parents; starts to self-feed; transfers cubes from hand to hand; rakes in small objects; shows interest in toys; self-comforts; smiles, laughs, squeals; turns to sounds; may show anxiety with strangers; may have first tooth.

Observation: Are parent and infant responsive to each other? How does parent attend to baby during exam? How does parent comfort baby if she cries?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note tooth eruption; developmental hip dysplasia; problems with tendon reflexes, muscle tone, or use of extremities; possible neglect/abuse.

Screening: Initial hearing screening if not done earlier. Examine eyes (ability to fix/follow, alternate occlusion, corneal light reflex, red reflex, strabismus).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- Use infant safety seat in back seat
- Never place baby in front seat with a passenger air bag
- Put baby to sleep on back or side
- Don't use soft bedding, soft toys
- Lower crib mattress
- Never shake baby
- Keep home and car smoke-free
- Test water temperature with wrist
- ☀️ Empty tub, buckets, pools
- ☀️ Don't leave baby alone in tub, high places; always keep hand on baby
- Don't leave heavy objects or hot liquids on tablecloths
- ☀️ Childproof home (poisons, medications, outlets, cords, guns, small/sharp objects, plastic bags)
- Keep poison center number handy
- Limit sun; use sunscreen, hat
- Use safety locks, stair gates
- ☀️ Don't use baby walkers
- Wash your hands, baby's hands

- Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, cough

Nutrition

- Breastfeed or give iron-fortified formula
- If breastfeeding exclusively, give iron supplement
- Start cup for water; limit juice
- Introduce solids (iron-fortified cereal first, then pureed fruits, vegetables, meats)
- Wait ≥ 1 week to add a new food
- Serve solids 2–3 times a day
- ☀️ Avoid choke foods (nuts, popcorn, carrot sticks, raisins, hard candy)
- Supervise eating

Oral Health

- ☀️ Don't put baby to bed with bottle
- ☀️ Discuss fluoride
- Brush baby's teeth with soft toothbrush, water only

Parent-Infant Interaction

- ☀️ Talk, sing, read to baby; play music
- Provide age-appropriate toys
- Set bedtime routine; put baby to bed awake
- Give same comfort object
- ☀️ Discuss separation anxiety

Family Relationships

- Take time for self, time with partner
- Keep in contact with friends, family
- Meet siblings' needs
- ☀️ Choose responsible caregivers, babysitters
- Discuss folic acid (if considering future pregnancy)

Community Interaction

- Ask for resources/referrals if needed
- Discuss child care, returning to work
- Consider attending parent education classes or support groups





Questions for the Parent(s)

- Tell me about Jamil. What do you find most rewarding about him?
- What questions or concerns do you have today?
- What is Jamil eating? Does he ever eat clay, dirt, or paint chips?
- Does Jamil play in a house with peeling paint?
- Tell me about Jamil's sleeping habits. Do you continue to put him on his back to sleep?
- Does Sara ride in a rear-facing infant safety seat in the back seat of the car?
- When do you make time for yourself? Who do you turn to when you need help caring for Sara?
- How do you feel as she becomes more independent?
- Now that Sara can move about more, what changes have you made at home to keep her safe?
- Is there a gun in your home? Is it unloaded and locked up? Have you considered removing the gun because of the dangers to children?

Developmental Observation

- What do you think Alan understands?
- How does Alan move around?

Milestones: Responds to own name; understands a few words; babbles, imitates vocalizations; crawls, creeps, or scoots; sits; may pull to stand; uses inferior pincer grasp; pokes with index finger; shakes, bangs, throws, drops objects; plays peekaboo, pat-a-cake; feeds self with fingers; starts to drink from cup; sleeps through the night but may awaken and cry; may show anxiety with strangers; may have first tooth at 6 months.

Observation: Do parent and baby respond to one another? Does parent respond supportively to baby's independent behavior as long as it is not dangerous?

Exam and Screening

Exam: Measure and plot length, weight, and head circumference on CDC growth chart. Note tooth eruption, parachute reflex to check for hemiparesis, cardiac murmurs, developmental hip dysplasia, neurologic problems, possible neglect/abuse.

Screening: Anemia; initial hearing screening if not done earlier. Examine eyes (ability to fix/follow with each eye, alternate occlusion, corneal light reflex, red reflex, strabismus).

Risk: Assess risk of lead exposure; screen as needed.

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

Injury and Illness Prevention

- Use infant safety seat in back seat
- ☀️ Never place baby in front seat with a passenger air bag
- Put baby to sleep on back or side
- Don't use soft bedding, soft toys
- ☀️ Lower crib mattress
- Never shake baby
- Keep home and car smoke-free
- Test water temperature with wrist
- Empty tub, buckets, pools
- Don't leave baby alone in tub, high places; always keep hand on baby
- Don't leave heavy objects or hot liquids on tablecloths
- Limit sun; use sunscreen, hat
- ☀️ Childproof home (poisons, medications, outlets, cords, guns, small/sharp objects, plastic bags)
- Use safety locks, stair gates
- ☀️ Keep poison center number handy

- Don't use baby walkers
- Know signs of illness: fever $>100.4^{\circ}$, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, cough
- ☀️ Review emergency procedures for home, child care
- ☀️ Learn first aid, CPR

Nutrition

- Increase soft, moist table foods gradually (tuna, cooked mashed vegetables, spaghetti)
- Encourage self-feeding, cup use
- ☀️ Avoid choke foods (nuts, carrot sticks, large pieces of fruit/veggies)
- Supervise eating
- Breastfeed or use iron-fortified formula

Oral Health

- Don't put baby to bed with bottle
- Brush baby's teeth with soft toothbrush, water only

- Discuss fluoride
- Practice good family oral health habits (brushing, flossing)

Parent-Infant Interaction

- Talk, sing, read to baby; play games, music
- ☀️ Encourage safe exploration
- ☀️ Set simple rules, limits
- Have bedtime routine; put baby to bed awake
- Give same comfort object

Family Relationships

- ☀️ Discuss siblings' reactions to baby's explorations
- Take time for self, time with partner
- Keep in contact with friends, family
- Choose responsible caregivers

Community Interaction

- Ask for resources/referrals if needed
- Discuss community resources
- Discuss child care, work hours

