



FAMILY HEALTH

A S S O C I A T E S

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PEDIATRIC HEALTH MAINTENANCE – 2 OR 4 WEEKS PATIENT QUESTIONNAIRE

General

Do you have any concerns about your baby? Yes___ No___

If “yes,” please specify:

Will you be returning to work and/or will your child attend daycare? Yes___ No___

Feeding and Sleeping

What do you feed your baby? Breastmilk Formula (brand/type: _____)

Ounces per feeding (if bottle fed): _____ oz.

My baby feeds every ___ hours during the day and wakes up ___ times during the night to feed.

Where does your baby sleep? Crib/bassinet Parent’s Bed Other

Does your baby sleep on their back? Yes___ No___

Do you think your baby’s bowel movements are normal? Yes___ No___

Environment

What type of housing do you have? House Apartment Manufactured Home

What year was your home built? _____

Who lives with you in your home? _____

Do you have pets? Yes___ No___

Does anyone smoke in your house? Yes___ No___

Safety

Does your home have functioning smoke detectors? Yes___ No___

Is your water heater turned down below 120 degrees? Yes___ No___

Does your baby ride in a rear-facing car seat? Yes___ No___

Does your child ever ride in the front seat of a vehicle? Yes___ No___

Do you leave your baby alone on the changing table, sofa, or bed? Yes___ No___

Are you afraid of your partner or anyone close to you? Yes___ No___

Do you feel overly stressed or unsupported? Yes___ No___

Patient Name: _____

Completed by (name and relationship to patient): _____ Date: _____



WELL CHILD: 2-4 WEEKS

FAMILY HEALTH ASSOCIATES

Name: _____ Weight _____ lbs _____ oz. (_____ %)
Date: _____ Length _____ in (_____ %)
Head Circumference: _____ cm. (_____ %)

IMMUNIZATIONS: start at 6 weeks to 2 months. Please tell us if your baby received a hepatitis B shot in the hospital

TESTS TODAY: Newborn screening #2 (PKU)

NEXT VISIT: 2 months

Nutrition

- Continue to feed baby breast milk or formula on demand, typically every 2-3 hours during the day with a longer stretch at night.
- Baby should be back up to birth weight at this point meaning it would be no longer necessary to wake baby for feedings during the night
- Do not heat bottles in microwave because it can lead to uneven heating and burns
- There may be times when baby wants to be fed every hour, feed your baby as needed
- When breast feeding is going well, begin introducing your baby to the bottle, the “educational” bottle does not need to replace a breast feeding session. A small (1/2 oz.) of pumped breast milk or formula three times per week is enough to familiarize your baby with the bottle.
- Always hold your baby during feedings. Do not prop a bottle in your baby’s mouth.
- Many babies spit up when they feed. Keep baby’s head raised at least 30 minutes after feeding. Spitting up in small amounts is harmless as long as baby is gaining weight and is not in pain. Spitting up usually ends by age 6-9 months.
- After feeding, gently burp your baby by holding baby upright and gently pat or stroke his or her back for approximately 2-5 minutes. Your baby may not burp after every feeding.

Development

- Babies like to look at faces, but their eyes may wander and occasionally cross
- You baby should respond to sounds and recognize voices, calming at the sound of your voice
- Crying is a baby’s main form of communication, it does not always indicate hunger!
- Cuddling, singing, playing music, moving gently, going for walks and singing are all things that may comfort your baby,
- Provide supervised “tummy time” 3-5 times a day while awake
- The first smiles are often seen around 6 weeks of age

Sleep

- Parental sleep is very important. Nap when baby naps
- Baby should sleep only on their back, without loose blankets, comforters, or plush toys as this reduces the risk of sudden infant death syndrome

Elimination

- Stools may be frequent, often with every feeding, semi-solid to liquid, and come in colors from green to orange, seedy with curds of undigested milk and may smell musty. True constipation is rare at this stage
- After about 3 weeks, some babies pass stools less often 1-2 times per day, some babies even pass stools once every few days. If your baby is eating well, seems comfortable, is gaining weight, has soft stools, do not worry about the rate he or she passes stools.

Crying/colic

- For the first 2-3 weeks your baby's crying often means that he or she is hungry. Try feeding your baby. After this age crying can mean other things—that your baby is tired
- Colic means that they cry a lot. These babies tend to cry more in the evening. If your baby has colic, try soothing with rocking, swinging, car rides, music, pacifiers, or swaddling.
- Colic generally ends around 3 months

Bathing

- After umbilical cord falls off, you can bathe him or her in a small tub
- Always check the temperature of the bath water with wrist before bathing baby
- 2-3 days after circumcision you may bathe baby

Safety

- Turn down water heater at home to 120°F or lower to prevent accidental burns
- Never jiggle, or shake your baby
- Rear-facing car seat in back of vehicle, center rear seat is the safest position
- Never leave baby unattended on surfaces above the floor as newborns can wiggle and move.
- Always buckle baby into car seat, swings, bouncy chairs, etc. and these should never be placed on countertops, tables, or other high surfaces
- Second hand smoke is harmful. Visit smokefree.gov, or talk to your own physician for smoking cessation resources
- Avoid necklaces, hood ties, and cords more than 8" long on pacifiers because of strangulation risks
- Never leave an older sibling or pet alone with baby
- Take an infant CPR class
- Avoid crowds and wash hands often
- Keep baby out of the sun

WHEN TO CONTACT YOUR DOCTORS OFFICE

- Rectal temp 100.4°F/38.0°C or higher
 - FEVERS ARE SERIOUS IN THE FIRST 3 MONTHS OF LIFE
- Is crying excessively or inconsolable
- Has difficulty or trouble breathing
- Is lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly
- Is getting more yellow

YOU CAN ALWAYS CALL IF YOU HAVE QUESTIONS OR CONCERNS ABOUT YOUR BABY