



## INFANT EXAM – ONE MONTH

Date \_\_\_\_\_

LENGTH \_\_\_\_\_ WEIGHT \_\_\_\_\_

### DEVELOPMENT

1. Focuses on faces.
2. Follows objects briefly.
3. Hold and talk to your baby – this is the best developmental stimulation.

### NUTRITIONAL

1. Breast milk or formula with iron alone is adequate until 4-6 months.
2. Tri-vi-sol or Poly-vi-sol vitamins for breast fed babies.

### ILLNESS

1. Buy a thermometer and know how to use it.
2. If taking temperature axillary (under arm) hold 5 minutes.  
If taking temperature rectally, hold thermometer in rectum for 3 minutes.
3. Call if axillary temperature is 100° or greater or rectal temperature is 101° or greater (in babies 2 months or younger).
4. When reporting temperature do not add or subtract a degree – just tell us where the thermometer was placed (axillary, rectally, or ear) and what the thermometer registers.

### NEXT VISIT

At 2 months of age.