

INFANT EXAM—ONE MONTH

DATE: _____

HEIGHT: _____ 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 five minutes. If taking temperature rectally, hold thermometer in rectum for three minutes.
3. Call if axillary temperature is 100° or greater or rectal temperature is 101° or greater (in babies two 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 two months of age.