

Continue

**American Academy of Pediatrics**  
**BRIGHT FUTURES HANDOUT ► PARENT**  
**9 MONTH VISIT**  
 Here are some suggestions from Bright Futures experts that may be of value to your family.

**✓ HOW YOUR FAMILY IS DOING**

- If you feel unsafe in your home or have been hurt by someone, let us know. Helpline and community agencies can also provide confidential help.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- Take time for yourself and with your partner.

**✓ FEEDING YOUR BABY**

- Be patient with your baby as he learns to eat without help.
- Know that messy eating is normal.
- Encourage healthy foods for your baby. One to three meals and 2 to 3 snacks each day.
- Start giving your baby foods. Be sure food is soft and easy to swallow. Avoid choking hazards.
- Try the thickness and consistency of your baby's food.
- Don't give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid feeding your baby too much. Let him decide when he is full and wants to stop eating.
- Keep trying new foods. Babies may say no to a food 10 to 15 times before they try it.
- Help your baby learn to use a cup.
- Continue to breastfeed as long as you can and your baby wishes. Talk with us if you have concerns about weaning.
- Continue to offer breast milk or iron-fortified formula until 1 year of age. Don't switch to cow's milk until then.

**✓ YOUR CHANGING AND DEVELOPING BABY**

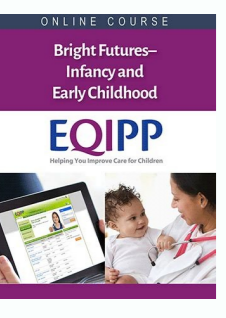
- Keep daily routines for your baby.
- Let your baby explore inside and outside the home. Be with her to keep her safe and feeling secure.
- Be realistic about her abilities at this age.
- Recognize that your baby is eager to interact with other people but will also be anxious when separated from you. Crying when you leave is normal. Stay calm.
- Support your baby's learning by giving her baby bath, toys that roll, blocks, and containers to play with.
- Help your baby when she needs it.
- Talk, sing, and read daily.
- Don't allow your baby to watch TV or use computers, tablets, or smartphones.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

**✓ DISCIPLINE**

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- Use distraction at this age. Sometimes you can change what your baby is doing by offering something else such as a blanket or toy.
- Do things the way you want your baby to do them—you are your baby's role model.
- Use "No!" only when your baby is going to get hurt or hurt others.

Helpful Resources: National Domestic Violence Helpline: 800-799-7233 | Family Media Use Plan: www.healthyparent.org/MediaUsePlan  
 Poison Help Line: 800-222-1222 | Information About Car Safety Seats: www.safercar.gov/parents | Tell Your Auto Safety Helpline: 800-327-4226

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**Bright Futures**  
**Bright Futures Parent Handout**  
**2 to 5 Day (First Week) Visit**

Here are some suggestions from Bright Futures experts that may be of value to your family.

**How You Are Feeling**

- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Encourage other children, family, and friends to help take care of your baby.
- Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

**Baby Care**

- Use a stool thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 102.0°F/38.9°C or higher.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a temperature of 102.4°F/38.9°C or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Hold your baby out of the sun's hot sunbeams only if there is no shade.
- Know that babies get messy noses from 4–8 weeks of age. Call us if you are worried.

**Feeding Your Baby**

- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry.
  - Put hand to mouth.
  - Sucks or roots.
  - Pushing.
- End feeding when you see your baby is full.
  - Turn away.
  - Closes mouth.
  - Relaxes hands.

**■ Breastfeeding**

- Breastfeed 8–12 times per day.
- Wipe and dry your baby's face 8–11 wet diapers a day.
- Avoid foods you are allergic to.
- What and your baby is 4–8 weeks old before using a pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.
- WIC has feeding supplies for mothers who breastfeed.

**■ Formula Feeding**

- Offer your baby 2 or every 2–3 hours, except if still hungry.

**Getting Used to Your Baby**

- Comfort your baby.
  - Gently touch baby's head.
  - Rocking baby.
- Start routines for bathing, feeding, sleeping, and changing baby.
- Help wake your baby for feedings by
  - Patting.
  - Changing diaper.
  - Undressing.
- Put your baby to sleep on his or her back.
  - In a crib, in your room, or in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and mattress no more than 2 1/2 inches apart.

**What to Expect at Your Baby's 1 Month Visit**  
 We will talk about:

- Any questions you have about your baby.
- Feeding your baby and watching him or her grow.
- How your baby is doing with your whole family.
- Your health and recovery.
- Your plans to go back to school or work.
- Caring for and protecting your baby.
- Safety at home and in the car.

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**American Academy of Pediatrics**  
**BRIGHT FUTURES HANDOUT ► PARENT**  
**1 MONTH VISIT**  
 Here are some suggestions from Bright Futures experts that may be of value to your family.

**✓ HOW YOUR FAMILY IS DOING**

- If you are worried about your baby or feel sad/blue, talk with us. Community agencies and programs such as WIC and EQIP can also provide information and assistance.
- Ask us for help if you have been hurt by your partner or another household member. A parent helpline and community agencies can also provide confidential help.
- Invite friends over or join a parent group.
- Keep your home and car smoke-free.
- Don't use alcohol or drugs.
- Check your home for mold and water. Avoid using pesticides.

**✓ FEEDING YOUR BABY**

- Feed only breast milk or iron-fortified formula with no water.
- 6 months old.
- Encourage healthy foods for your baby. One to three meals and 2 to 3 snacks each day.
- Start giving your baby foods. Be sure food is soft and easy to swallow. Avoid choking hazards.
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# Bright Futures Previsit Questionnaire 5 Year Visit

For an 18-month-old child with the responsible health care, we would like to know how things are going. Please answer all of the questions. Thank you.

## What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

We are interested in understanding your questions. Please check off the boxes for the topics you would like to discuss the next time.

<b>Ready for school</b>	<input type="checkbox"/> New child's educational needs	<input type="checkbox"/> After-school care	<input type="checkbox"/> Daycare with your child's teacher	<input type="checkbox"/> How child's teacher
<b>Your child and family</b>	<input type="checkbox"/> Family time together	<input type="checkbox"/> Your child's friends	<input type="checkbox"/> Your child's health/behavior	<input type="checkbox"/> Your child's eating
<b>Making healthy</b>	<input type="checkbox"/> Your child's weight	<input type="checkbox"/> Eating habits	<input type="checkbox"/> Eating vegetables	<input type="checkbox"/> Eating whole grains
<b>Healthy teeth</b>	<input type="checkbox"/> Your child's dental visits	<input type="checkbox"/> Your child's oral hygiene	<input type="checkbox"/> Your child's oral health	<input type="checkbox"/> Your child's oral care
<b>Safety</b>	<input type="checkbox"/> Your child's safety	<input type="checkbox"/> Your child's safety	<input type="checkbox"/> Your child's safety	<input type="checkbox"/> Your child's safety

## Questions About Your Child

Has any of your child's behavior developed one medical problem since you last visit? If yes, please describe:  Yes  No  Unsure

<b>Lead</b>	Has your child been playing in playgrounds or on hot surfaces?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
	Has your child been in a regularly-scheduled routine of 240 lead-free lead testing every 12 months since the last 12 months?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
	Has your child been in a regularly-scheduled routine of 240 lead-free lead testing every 12 months?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
<b>Substance Use</b>	Has your child been in contact with anyone who uses tobacco or alcohol in your home or in your car?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
	Has your child been in contact with anyone who uses tobacco or alcohol in your home or in your car?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
	Has your child been in contact with anyone who uses tobacco or alcohol in your home or in your car?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
<b>Screening</b>	Has your child been in contact with anyone who uses tobacco or alcohol in your home or in your car?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
	Has your child been in contact with anyone who uses tobacco or alcohol in your home or in your car?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure

Does your child have any special health care needs?  Yes  No  Unsure

Has there been any major changes in your family lately?  Yes  No  Unsure  Other

Does your child live with anyone who uses tobacco or alcohol in your home or in your car?  Yes  No

## Your Growing and Developing Child

Do you have specific concerns about your child's development, learning, or behavior?  Yes  No  Unsure

Check off each of the boxes that your child is able to do:

<input type="checkbox"/> Walks and runs without stumbling	<input type="checkbox"/> Uses a spoon with full control	<input type="checkbox"/> Understands 1-2 word phrases
<input type="checkbox"/> Climb on to 20	<input type="checkbox"/> Copies simple shapes and colors	<input type="checkbox"/> Knows 2-3 words
<input type="checkbox"/> Walks without falling		



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN

Bright futures pediatrics 2 month handout. Bright futures 2 month handout spanish. Newborn visit bright futures.

With our patient portal you can schedule appointments, access records, see test results, ask your care provider questions, and more. Here are some suggestions from Bright Futures experts that may be of value to your family. How is Your Family Doing? If you are worried about your living or food situation, talk with your health care professional. Community agencies and programs such as WIC and SNAP can also provide information and assistance. Find ways to spend time with your partner. Keep in touch with family and friends. Find safe, loving child care for your baby. You can ask your health care professional for help. Know that it is normal to feel sad about leaving your baby with a caregiver or putting him into child care. Feeding Your Baby Feed your baby only breast milk or iron-fortified formula until she is about 6 months old. Avoid feeding your baby solid foods, juice, and water until she is about 6 months old. Feed your baby when you see signs of hunger. Look for her to: Put her hand to her mouth. Suck, root, and fuss. Stop feeding when you see signs your baby is full. You can tell when she: Turns away Closes her mouth Relaxes her arms and hands Burp your baby during natural feeding breaks. If Breastfeeding...Feed your baby on demand. Expect to breastfeed 8 to 12 times in 24 hours. Give your baby vitamin D drops (400 IU a day). Continue to take your prenatal vitamin with iron. Eat a healthy diet. Plan for pumping and storing breast milk. Let your health care professional know if you need help. If you pump, be sure to store your milk properly so it stays safe for your baby. If you have questions, ask your health care professional. If Formula Feeding...Feed your baby on demand. Expect her to eat about 6 to 8 times each day, or 26 to 28 oz of formula per day. Make sure to prepare, heat, and store the formula safely. If you need help, ask us. Hold your baby so you can look at each other when you feed her. Always hold the bottle. Never prop it. How Are You Feeling? Take care of yourself so you have the energy to care for your baby. Talk with your health care professional or call for help if you feel sad or very tired for more than a few days. Find small but safe ways for your other children to help with the baby, such as bringing you things you need or holding the baby's hand. Spend special time with each child reading, talking, and doing things together. Your Growing Baby Have simple routines each day for bathing, feeding, sleeping, and playing. Hold, talk to, cuddle, read to, sing to, and play often with your baby. This helps you connect with and relate to your baby. Learn what your baby does and does not like. Develop a schedule for naps and bedtime. Put him to bed awake but drowsy so he learns to fall asleep on his own. Don't have a TV on in the background or use a TV or other digital media to calm your baby. Put your baby on his tummy for short periods of playtime. Don't leave him alone during tummy time or allow him to sleep on his tummy. Notice what helps calm your baby, such as a pacifier, his fingers, or his thumb. Stroking, talking, rocking, or going for walks may also work. Never hit or shake your baby. Safety Use a rear-facing-only car safety seat in the back seat of a vehicle that has a passenger airbag. Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving. Always put your baby to sleep on her back in her own crib, not your bed Your baby should sleep in your room until she is at least 6 months old. Make sure your baby's crib or sleep surface meets the most recent safety guidelines. If you choose to use a mesh playpen, get one made after February 28, 2013. Swaddling should not be used after 2 months of age. Prevent scalds or burns. Don't drink hot liquids while holding your baby. Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C. Keep a hand on your baby when dressing or changing her on a changing table, couch, or bed. Never leave your baby alone in bathwater, even in a bath seat or ring. What to Expect at Your Baby's 4 Month Visit We will talk about: Caring for your baby, your family, and yourself Creating routines and spending time with your baby Keeping teeth healthy Feeding your baby Keeping your baby safe at home and in the car Helpful Resources: Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers Toll-free Auto Safety Hotline: 888-327-4236

22.12.2020 - American Academy of Pediatrics, Bright Futures Parent Handout 6 Month Visit, Stanford Children's Health, Feeding Guide For The First Year, 2020, Centers for Disease Control and Prevention, Important Milestones: Your Baby By Four Months, June 2020, Centers for Disease Control and Prevention, Milestone Moments. 22.12.2020 - American Academy of Pediatrics, Bright Futures Parent Handout 6 Month Visit, Stanford Children's Health, Feeding Guide For The First Year, 2020, Centers for Disease Control and Prevention, Important Milestones: Your Baby By Four Months, June 2020, Centers for Disease Control and Prevention, Milestone Moments. The information contained in this webpage should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the Bright Futures Tool and Resource Kit, 2nd Edition, 17.08.2020 - At Yahoo Finance, you get free stock quotes, up-to-date news, portfolio management resources, international market data, social interaction and mortgage rates that help you manage your financial life. 15.02.2017 - Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents, 4th Edition [eBook] ... Bright Futures Parent Handout: 2 Month Visit 100/pk. FORMS AND CHARTS; Published: 2019 Price: 24.95. Member Price: 19.95. Bright ... 17.08.2022 - The National Archives/Handout via REUTERS 2/6 By Andy Bruce LONDON (Reuters) - Plans for a high-wage, high-growth economy lie in ruins as Britain's Conservative prime minister struggles to answer a cost-of-living crisis, compounded by rising worker unrest. 17.08.2022 - The National Archives/Handout via REUTERS 2/6 By Andy Bruce LONDON (Reuters) - Plans for a high-wage, high-growth economy lie in ruins as Britain's Conservative prime minister struggles to answer a cost-of-living crisis, compounded by rising worker unrest. 22.07.2022 - Futures tracking the S&P 500 dipped 0.2pc, while the Dow Jones edged marginally into the green. The tech-heavy Nasdaq suffered the most, falling 0.4pc. Video: Retail sales rose more than expected ... 2. Understanding Normative Sexual ... a 14-month-old lifts their shirt up and pokes at their nipple. You can teach by labeling, "That's part of ... (2008). Theme 8: Promoting healthy sexual development and sexuality. In Bright futures: Guidelines for health supervision of infants, children, and adolescents (3 rd ed.) (pp.169-176). Elk ... 17.08.2020 - At Yahoo Finance, you get free stock quotes, up-to-date news, portfolio management resources, international market data, social interaction and mortgage rates that help you manage your financial life. 2. Understanding Normative Sexual ... a 14-month-old lifts their shirt up and pokes at their nipple. You can teach by labeling, "That's part of ... (2008). Theme 8: Promoting healthy sexual development and sexuality. In Bright futures: Guidelines for health supervision of infants, children, and adolescents (3 rd ed.) (pp.169-176). Elk ... 22.07.2022 - Futures tracking the S&P 500 dipped 0.2pc, while the Dow Jones edged marginally into the green. The tech-heavy Nasdaq suffered the most, falling 0.4pc. Video: Retail sales rose more than expected ...

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