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.
- Give your other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

Feeding Your Baby
- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry.
  - Puts hand to mouth
  - Sucks or roots
  - Fussing
- End feeding when you see your baby is full.
  - Turns away
  - Closes mouth
  - Relaxes hands
- Offer your baby 2 oz every 2–3 hours, more if still hungry.

If Breastfeeding
- Breastfeed 8–12 times per day.
- Make sure your baby has 6–8 wet diapers a day.
- Avoid foods you are allergic to.
- Wait until your baby is 4–6 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 nursing supplies for mothers who breastfeed.

If Formula Feeding
- Offer your baby 2 oz every 2–3 hours, more if still hungry.

NUTRITION
- Hold your baby so you can look at each other while feeding
- Do not prop the bottle.
- Give your baby a pacifier when sleeping.

Baby Care
- Use a rectal thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a temperature of 100.4°F/38.0°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.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- Know that babies get many rashes from 4–8 weeks of age. Call us if you are worried.

Getting Used to Your Baby
- Comfort your baby.
  - Gently touch baby’s head.
  - Rocking baby.
- Start routines for bathing, feeding, sleeping, and playing daily.
- 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, not in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart.
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

Safety
- The car safety seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at lower than 120°F.
- Test your baby’s bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

What to Expect at Your Baby’s 1 Month Visit
We will talk about
- Any concerns 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
Here are some suggestions from Bright Futures experts that may be of value to your family.

**How You Are Feeling**
- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or school is hard for many parents.
- Find safe, loving child care for your baby. You can ask us for help.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

**Getting to Know Your Baby**
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on this back.
- In a crib, in your room, not in your bed.
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Give your baby a pacifier if he wants it.
- Hold and cuddle your baby often.
- Tummy time—put your baby on his tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6–8 weeks old.
- When your baby is crying, comfort him by talking, patting, stroking, and rocking.
- **Never shake your baby.**
- If you feel upset, put your baby in a safe place; call for help.

**Safety**
- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
- Keep a hand on your baby when changing clothes or the diaper.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger.
- Putting hand to mouth
- Sucking, rooting, and fussing
- End feeding when you see signs your baby is full.
- Turning away
- Closing the mouth
- Relaxed arms and hands
- Breastfeed or bottle-feed 8–12 times per day.
- Burp your baby during natural feeding breaks.
- Having 5–8 wet diapers and 3–4 stools each day shows your baby is eating well.

**If Breastfeeding**
- Continue to take your prenatal vitamins.
- When breastfeeding is going well (usually at 4–6 weeks), you can offer your baby a bottle or pacifier.

**If Formula Feeding**
- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 2 oz every 2–3 hours. If your baby is still hungry, you can feed more.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

**What to Expect at Your Baby’s 2 Month Visit**

**We will talk about**
- Taking care of yourself and your family
- Sleep and crib safety
- Keeping your home safe for your baby
- Getting back to work or school and finding child care
- Feeding your baby

**Poison Help:** 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

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**American Academy of Pediatrics**
DEDICATED TO THE HEALTH OF ALL CHILDREN

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

How You Are Feeling
- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby’s hand.
- Spend special time with each child reading, talking, or doing things together.

Your Growing Baby
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
  - In a crib, in your room, not in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Give your baby a pacifier if she wants it.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Tummy time—put your baby on her tummy when awake and you are there to watch.
- Learn what things your baby does and does not like.

Safety
- Use a rear-facing car safety seat in the back seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.
- Set the water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Baby and Family
- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Ask us for help to find things your family needs, including child care.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

Feeding Your Baby
- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- Avoid feeding your baby solid foods, juice, and water until about 6 months.
- Feed your baby when your baby is hungry.

What to Expect at Your Baby’s 4 Month Visit
We will talk about
- Your baby and family
- Feeding your baby
- Sleep and crib safety
- Calming your baby
- Playtime with your baby
- Caring for your baby and yourself
- Keeping your home safe for your baby
- Healthy teeth

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How Your Family Is Doing

• Take time for yourself.
• Take time together with your partner.
• Spend time alone with your other children.
• Encourage your partner to help care for your baby.
• Choose a mature, trained, and responsible babysitter or caregiver.
• You can talk with us about your child care choices.
• Hold, cuddle, talk to, and sing to your baby each day.
• Massaging your infant may help your baby go to sleep more easily.
• Get help if you and your partner are in conflict. Let us know. We can help.

Feeding Your Baby

• Feed only breast milk or iron-fortified formula in the first 4–6 months.

If Breastfeeding

• If you are still breastfeeding, that’s great!
• Plan for pumping and storage of breast milk.

If Formula Feeding

• Make sure to prepare, heat, and store the formula safely.
• Hold your baby so you can look at each other while feeding.
• Do not prop the bottle.
• Do not give your baby a bottle in the crib.

Solid Food

• You may begin to feed your baby solid food when your baby is ready.
• Some of the signs your baby is ready for solids:
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.
• Avoid foods that cause allergy—peanuts, tree nuts, fish, and shellfish.
• Avoid feeding your baby too much by following the baby’s signs of fullness.

Safety

• Use a rear-facing car safety seat in the back seat in all vehicles.
• Always wear a seat belt and never drive after using alcohol or drugs.
• Keep small objects and plastic bags away from your baby.
• Keep a hand on your baby on any high surface from which she can fall and be hurt.
• Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
• Do not drink hot drinks when holding your baby.
• Never leave your baby alone in bathwater, even in a bath seat or ring.
• The kitchen is the most dangerous room. Don’t let your baby crawl around there; use a playpen or high chair instead.
• Do not use a baby walker.

Your Changing Baby

• Keep routines for feeding, nap time, and bedtime.

Crib/Playpen

• Put your baby to sleep on her back.
• In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
• If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.

Playtime

• Learn what things your baby likes and does not like.
• Encourage active play.
• Offer mirrors, floor gyms, and colorful toys to hold.
• Tummy time—put your baby on his tummy when awake and you can watch.
• Promote quiet play.
• Hold and talk with your baby.
• Read to your baby often.

Crying

• Give your baby a pacifier or his fingers or thumb to suck when crying.

Healthy Teeth

• Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don’t pass bacteria that causes tooth decay on to your baby.
• Do not share spoons or cups with your baby or use your mouth to clean the baby’s pacifier.
• Use a cold teething ring if your baby has sore gums with teething.

What to Expect at Your Baby’s 6 Month Visit

We will talk about

• Introducing solid food
• Getting help with your baby
• Home and car safety
• Brushing your baby’s teeth
• Reading to and teaching your baby

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Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby’s growth will slow down.
- If you are still breastfeeding, that’s great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids:
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.

Starting New Foods

- Introduce new foods one at a time.
- Iron-fortified cereal
- Good sources of iron include
  - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
- Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby’s signs of fullness.
  - Leaning back
  - Turning away
  - Do not force your baby to eat or finish foods.
  - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
- To prevent choking
  - Only give your baby very soft, small bites of finger foods.
  - Keep small objects and plastic bags away from your baby.

Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

Your Baby’s Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.

Crib/Playpen

- Put your baby to sleep on her back.
- In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Lower your baby’s mattress all the way.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.

How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don’t leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
- Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

What to Expect at Your Baby’s 9 Month Visit

We will talk about

- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home

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Bright Futures Parent Handout
9 Month Visit

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

Your Baby and Family
• Tell your baby in a nice way what to do (“Time to eat”), rather than what not to do.
• Be consistent.
• At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
• Do things the way you want your baby to do them—you are your baby’s role model.
• Make your home and yard safe so that you do not have to say “No!” often.
• Use “No!” only when your baby is going to hurt or hurt others.
• Take time for yourself and with your partner.
• Keep in touch with friends and family.
• Invite friends over or join a parent group.
• If you feel alone, we can help with resources.
• Use only mature, trustworthy babysitters.
• If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

Feeding Your Baby
• Be patient with your baby as he learns to eat without help.
• Being messy is normal.
• Give 3 meals and 2–3 snacks each day.
• Vary the thickness and lumpiness of your baby’s food.
• Start giving more table foods.
• Give only healthful foods.
• Do not give your baby soft drinks, tea, coffee, and flavored drinks.
• Avoid forcing the baby to eat.
• Babies may say no to a food 10–12 times before they will try it.
• Help your baby to use a cup.
• Continue to breastfeed or bottle-feed until 1 year; do not change to cow’s milk.
• Avoid feeding foods that are likely to cause allergy—peanut butter, tree nuts, soy and wheat foods, cow’s milk, eggs, fish, and shellfish.

Your Changing and Developing Baby
• Keep daily routines for your baby.
• Make the hour before bedtime loving and calm.
• Check on, but do not pick up, the baby if she wakes at night.
• Watch over your baby as she explores inside and outside the home.
• Crying when you leave is normal; stay calm.
• Give the baby balls, toys that roll, blocks, and containers to play with.
• Avoid the use of TV, videos, and computers.
• Show and tell your baby in simple words what you want her to do.
• Avoid scaring or yelling at your baby.
• Help your baby when she needs it.
• Talk, sing, and read daily.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles.
• Have your child’s car safety seat rear-facing until your baby is 2 years of age or until she reaches the highest weight or height allowed by the car safety seat’s manufacturer.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your own seat belt and do not drive after using alcohol or drugs.
• Empty buckets, pools, and tubs right after you use them.
• Place gates on stairs; do not use a baby walker.
• Do not leave heavy or hot things on tablecloths that your baby could pull over.
• Put barriers around space heaters, and keep electrical cords out of your baby’s reach.
• Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm’s reach at all times.
• Keep poisons, medications, and cleaning supplies locked up and out of your baby’s sight and reach.
• Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
• Install openable window guards on second-story and higher windows and keep furniture away from windows.
• Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
• Keep your baby in a high chair or playpen when in the kitchen.

What to Expect at Your Child’s 12 Month Visit
We will talk about
• Setting rules and limits for your child
• Creating a calming bedtime routine
• Feeding your child
• Supervising your child
• Caring for your child’s teeth

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