

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Today's Date: \_\_\_\_\_



### FIRST WEEK WELL CHILD CHECK

#### INTERVAL HISTORY

Any changes in your family since last visit?  Move  Job change  Divorce  None  Other:

Any relatives diagnosed with new medical issues since last visit?  No  Yes, describe:

#### DEVELOPMENTAL / BEHAVIORAL / SENSORY SURVEILLANCE

Are you concerned about your baby's vision?  No  Yes

Mark each task that your baby is able to do.

Eats well  Follows your face  Turns & calms to your voice  Suck, swallow, and breathe easily

Any other concerns about how your baby is growing, learning, or acting?

No  Yes, describe:

#### MATERNAL DEPRESSION SCREEN

**Since your baby's birth, how often have you been bothered by the following?**

1. Little interest or pleasure in doing things	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day
2. Feeling down, depressed, or hopeless	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day

#### ANTICIPATORY GUIDANCE:

- Try to sleep when your baby sleeps.
- Don't be afraid to ask for help from family and friends.
- Call for help if you feel sad or overwhelmed for more than a few days.
- Feed only breast milk or iron-fortified formula, no water, in the first 4 months.
- If breastfeeding, feed 8–12 times per day. If formula feeding, feed 2 or more oz every 2–3 hours.
- Make sure your baby has 6–8 wet diapers a day.
- Call us if your baby has a rectal temperature of 100.4°F/38.0°C or higher.
- Babies get many rashes from 4–8 weeks of age. Call us if you are worried.
- Start routines for bathing, feeding, sleeping, and playing daily.
- Let your baby sleep on his/her back, in a crib, not on your bed. Give a pacifier when sleeping.
- Do not put comforters, pillows, bumper pads, and toys in the crib, due to risk of suffocation.
- Car seat should be rear-facing in the back seat. Never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot liquids. Do not drink hot beverages around baby.
- Test your baby's bathwater temperature before giving a bath.