**PARENT GUIDE**

**TO**

**NEWBORN CARE**

****

**PEDIATRIC ASSOCIATES INC., OF BROCKTON**

**(508) 584-1234**

**PRACTICE LIMITED TO:**

**Infants, Children and Adolescents**

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PEDIATRIC ASSOCIATES INC., OF BROCKTON

WELCOMES YOU AND YOUR FAMILY

We are happy to welcome you and your family into our practice. We have created this booklet to help you understand our practice policies, and to provide you help with some simple pediatric concerns. It suggests what you can do to handle certain problems and lets you know when to call the office. However, not all problems can be discussed in the booklet but remember advice is always available by phone.

Our office staff is available by phone 8:30am to 5 pm Monday through Friday and until noon on the weekends and holidays. When you call you will be connected to our call center that can then either connect you to one of our nurses or book you an appointment. Our nurses can give you general advice, however if they feel you need to speak with one of our providers they will either transfer the call or take a message to have the provider call you back as soon as they can. Calls are returned the same day.

Phone calls to the office outside of our regular office hours go to our answering service. A message is taken and our on call physician will return the call usually within the hour. If you do not hear back from the physician in one hour, please call again. After 9 pm the answering service will refer the call to our night call service. Your call will be returned by a professional trained to give medical advice. The on call physician is available for further assistance if needed.

We hope that you find this booklet helpful and that you will have it available for anyone caring for your child. We always welcome your comments and suggestions.

Please visit our website.

PEDIATRICASSOCIATESOFBROCKTON.COM

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**NEWBORN CARE**

**Instructions for Newborn Care**

**Circumcision:** Male circumcision is not mandatory but is a personal family decision. Please review the facts with your pediatrician. If there is a plastic bell on the penis, leave everything alone. If not, keep Vaseline on until the penis has healed, which will take about a week.

**Vaginal Discharge:** For the first week to ten days, there may be a white discharge with no odor from the vagina. There may also be some bleeding. This is normal.

**Appointments:** Please call the office for an appointment. The discharging physician will inform you how soon we would like your baby to be seen in the office (usually 24-48 hours after discharge).

**Calls:** These are expected, especially with first mothers. Please do not hesitate to call our office with any questions and/or concerns. If we are not able to take your call at that time, leave your name, phone number and reason for your call with a secretary and someone will return your call.

**Cord:** In general, the cord will dry and fall off in 1 - 2 weeks. Keep it dry. Alcohol is usually not necessary unless the cord is wet and oozing. Please call if a pimply rash is noted on the abdomen. Mild bleeding from the cord for a few days after it falls off is normal.

**Feeding:** Feed the baby when it is hungry. Bottle fed babies should eat about every 3-4 hours, and it should take less than 1/2 hour. Brest fed babies should be fed for 10 minutes on the first breast and 15-30 minutes on the other breast. When first home, they may feed every 2 hours, but with time they usually feed every 3-4 hours.

**Sleep:** Children should be positioned on their backs for sleep, unless they are premature, have recurrent vomiting or have facial abnormalities. Keep the room temperature comfortable and not too warm. Ask your doctor if you have any questions.

**Cleaning:** Until the cord falls off, sponge bathe with a face cloth and Dove or other mild soap. Ears are cleaned with a cloth, not Q-tips. Always remember to wash your hands before handling your baby. Cold sores may be dangerous to newborns.

**Stools:** These occur usually after each meal and are watery, seedy yellow. If the infant becomes constipated with HARD stools, Karo, 1 teaspoon per bottle or with 2 ounces of water should help. Grunting and turning red with a bowel movement is normal.

**Vitamins:** Thesehave already been added to the formula and will be given to breast feeding babies. Fluoride will be given to all babies at age 6 month if your town water does not contain fluoride.

**Going Out:** For the first three weeks your baby will be unable to control his temperature therefore, he/she should remain in the home and be dressed very comfortably. Room temperature should be 68-70 degrees.

**Immunization Administration:** Medical studies have shown that infants experienced less pain with immunizations if they were held and fed while bring given their shots. The nursing staff will work with you to best position and hold your baby. However, there are some circumstances that might prohibit this holding method. If you are interested please bring a bottle of formula or preferably glucose water with you. If you are breastfeeding, you can choose to breastfeed during the shots or use a bottle.

**Breastfeeding Facts:**

* Colostrum (first milk) is full of important things for our baby. It is all the baby needs for the first days, because the baby’s stomach capacity is small.
* By 2 to 5 days, your milk will increase in amount.
* Try to feed your baby as much as possible, 8 to 12 times daily. Don’t worry if he eats a lot for a few hours and then sleeps a stretch of 4 to 5 hours; that’s normal.
* The more your nurse your baby, the more milk you will produce, and the more your baby will eat.
* Using a pacifier or bottle feeding in the first few weeks can interfere with your breastfeeding success. Whenever your baby is showing hunger signs you should breastfeed, so he/she can get the colostrum, learn the right way to suck and help to increase the amount of your milk.

**Tips:**

* Breastfeeding is natural, but a learned process, b patient.
* Mothers and babies belong together. Rooming-in will help to get to know each other, and you will be more successful at breastfeeding.

**Day of Birth Tips:**

* Don’t be worried if he/she is sleepy for the first day or so; that’s normal.
* Watch for your baby’s hunger signs to start nursing her rather than waiting for her to cry:
* sucking on her hands or tongue
* smacking her lips
* moving around, starting to wake up

**DAY/TIME OF BIRTH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**HOSPITAL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_BIRTH WGT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(3 to 4 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(1 or more wet diapers is plenty today!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(0 to 1 black tarry stools!)

**Day 1 Tips:**

* Latching correctly on the breast will help prevent nipple soreness and help the baby suck better.
* Hold your breast in your hand like a “C”.
* Stimulate your baby to open his mouth by stroking the lower lip with your nipple.
* When he opens his mouth wide, pull him close to you.
* His lips should be turned out.
* With a proper latch, you will feel tugging, but it shouldn’t hurt.
* The sucking pattern of a new baby typically consists of short bursts of sucking followed by a pause. During the pause you should hear an occasional swallow (which sounds like a puff of air through the baby’s nose).
* When the baby either slows down or comes off your breast, burp him and offer the other side. It is ok if he doesn’t always take the second breast. Start with it the next time.

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_ 5th\_\_\_\_\_\_\_\_\_\_ 6th\_\_\_\_\_\_\_\_\_\_

(6 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(1 or more wet diapers is plenty today!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(1 or more black tarry stools!)

**Day 2 Tips:**

* Today you may notice your baby starting to nurse more frequently. This is nature’s way to increase your milk supply.
* Many babies nurse more at night for the first few weeks, this is when your body produces the most milk.
* Nap when your baby naps.
* Try out positions while you are in the hospital. Ask your nurse for help.

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

5th\_\_\_\_\_\_\_\_\_\_ 6th\_\_\_\_\_\_\_\_\_\_ 7th\_\_\_\_\_\_\_\_\_\_ 8th\_\_\_\_\_\_\_\_\_\_

(6 to 8 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(2 or more wet diapers is plenty today!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(2 or more black, brown or green stools!)

**Day 3 Tips:**

* You may be experiencing nipple tenderness by today, but as long as positioning and latch-on are correct, this will resolve soon. Breastfeeding should never be so painful that you dread the next feeding. Try to review the latch-on tips and be sure your baby is doing the right thing. Other things to help with soreness.
* express some milk onto your nipples, and let dry
* air dry nipples before closing bra
* change breast pads frequently
* release suction before taking the baby off the breast
* vary your nursing positions
* start on the less sore side, but don’t lessen your nursing time
* avoid using soaps or creams on your nipples
* Disposable diapers are super-absorbent. It can be hard to tell if they are wet. Try putting a piece of tissue in the diaper so you know if your baby has urinated.
* Your baby may look yellow (jaundice) today. If he is getting very orange or has yellow legs, call your baby’s doctor.

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_ 5th\_\_\_\_\_\_\_\_\_\_ 6th\_\_\_\_\_\_\_\_\_\_

7th\_\_\_\_\_\_\_\_\_\_ 8th\_\_\_\_\_\_\_\_\_\_ 9th\_\_\_\_\_\_\_\_\_\_ 10th\_\_\_\_\_\_\_\_\_ 11th\_\_\_\_\_\_\_\_\_ 12th\_\_\_\_\_\_\_\_\_\_

(8 to 12 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(3 wet diapers!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(2 or more yellow or green stools!)

**Day 4 Tips:**

* When your milk increases in volume you will notice that:
* your breasts feel full before a feeding and softer after
* milk may drip from the other breast when you start feeding your baby
* you can hear the baby swallow more frequently
* you can see milk in her mouth
* there are more wet and soiled diapers
* It is more important to have your baby effectively remove the milk from your breast, or you may become engorged.
* Prevent engorgement by feeding frequently, ensuring a proper latch-on and allowing the baby to finish the breast
* If you do become engorged:
* use ice packs for 2 minutes on and 20 minutes off between feedings
* soften your engorged breast by manually expressing some milk prior to feeding (this will help your baby latch-on properly).

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_ 5th\_\_\_\_\_\_\_\_\_\_ 6th\_\_\_\_\_\_\_\_\_\_

7th\_\_\_\_\_\_\_\_\_\_ 8th\_\_\_\_\_\_\_\_\_\_ 9th\_\_\_\_\_\_\_\_\_\_ 10th\_\_\_\_\_\_\_\_\_ 11th\_\_\_\_\_\_\_\_\_ 12th\_\_\_\_\_\_\_\_\_\_

(8 to 12 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(3 wet diapers!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(2 or more yellow or green stools!)

**Day 5 Tips:**

* Signs that your baby is getting enough milk are:
* an alert, bright eyed infant
* a baby who wants to eat 8 to 12 times a day, and is satisfied between feedings
* wetting 4 to 5 diapers a day
* having the normal change in stool for the first 1-2 days, meconium (dark green or black); by the 3rd day, lighter green stools; and by the 5th day, breast milk stools (yellow, loose, seedy). The number of stools will increase each day. Breastfed babies are rarely constipated in his first weeks, and often have a stool every time they nurse.
* If your baby’s skin is looking orange, or he is yellow from his face down to his legs, call his doctor to discuss whether or not he should be seen today.

Breastfeeding Sessions (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_ 5th\_\_\_\_\_\_\_\_\_\_ 6th\_\_\_\_\_\_\_\_\_\_

7th\_\_\_\_\_\_\_\_\_\_ 8th\_\_\_\_\_\_\_\_\_\_ 9th\_\_\_\_\_\_\_\_\_\_ 10th\_\_\_\_\_\_\_\_\_ 11th\_\_\_\_\_\_\_\_\_ 12th\_\_\_\_\_\_\_\_\_\_

(8 to 12 feedings would be great today!)

Urine (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(4 wet diapers!)

Stools (times)

1st\_\_\_\_\_\_\_\_\_\_ 2nd\_\_\_\_\_\_\_\_\_\_ 3rd\_\_\_\_\_\_\_\_\_\_ 4th\_\_\_\_\_\_\_\_\_\_

(3 or more yellow stools!)

**Day 6 Tips:**

* By now you and your baby should be establishing a feeding pattern.
* Remember, you can’t spoil a newborn baby, so do what feels right to you. Go ahead and pick her up, attend to her needs, this is how she learns to trust you.
* Hopefully you are beginning to nap when your baby naps.
* Accept household help from others whenever offered!
* Continue to eat a balanced diet. Your normal appetite may take a while to return.
* You may find you have increased thirst. Do not ignore it! Try to get in the habit of pouring yourself something to drink as you sit down to nurse.
* You do not need to avoid any particular foods, even chocolate or coffee. Everything in moderation though.

**Day 7 Tips:**

***CONGRATULATIONS! ONE WEEK OLD!***

* Many partners would like to give the occasional feeding to help out. For the first month or so, things usually work better if you avoid using bottles. Give your partner suggestions for other things to do to help you out: burping and setting the baby, changing diapers, bringing the baby to you for nursing, or bringing you a drink when you start to nurse.
* Expect friends and family to offer lots of options. Remember that this is your baby. Together with your partner and your pediatrician you will soon establish what is right for you and your new child.
* Continuing to breastfeed if you are returning to work can be a wonderful experience. The new double electronic pumps make pumping your milk at work relatively quick and easy. Ask your pediatrician or your lactation counselor for advice about breastfeeding and working.

Baby’s First Well Visit: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Baby’s 1 Month Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 Month Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 Month Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 Month Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9 Month Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One Year Well Exam: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15/16 Month Well Visit: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

20 Month Well Visit: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 Year Well Visit: Date:\_\_\_\_\_\_\_\_\_\_ Doctor:\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_

Immunizations:\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milestones:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note**:**

**OFFICE HOURS:**

All offices

Monday - Friday 9am-5pm

Saturday

Brockton 9am-12noon

W. Bridgewater 9am-2pm

Hanson 9am-12noon (closed Memorial Day through Labor Day)

Sunday

Brockton 9am-2pm

W. Bridgewater 9am-12noon

Hanson closed

Holiday

Brockton only 9-12noon (please call early)

Sunday and Holiday hours are for urgent and emergent care. Please call early for an appointment.

After hours (evenings) after 5pm for 1-2 hrs for urgent and emergent care only. Hours are based on call volume and are at the on-call covering physician discretion.

[www.PediatricAssociatesofBrockton.com](http://www.PediatricAssociatesofBrockton.com) for more information

NLC/md

Oct 16