

PEDIATRIC ASSOCIATES OF NYC

pediatricassociatesnyc.com

Three month visit

Today's measurements: Ht %, Wt %, HC %

Vaccines:

- Hepatitis B (if NOT started at birth in hospital)

Development:

- Social smile
- Cooing
- Holds head up when prone
- Follows object past midline
- Grabbing or swatting at objects
- Drooling (NOT a sign of teething)
- Pre-teething
- Baby is now a social being. Don't condition your baby to expect you instantly. Walk don't run!

Sleep

- Back to sleep
- Sleep begets sleep
- Tummy time when awake
- Begin a bedtime routine

Nutrition:

- Breastfed babies: 5-8 feeding/day
- Formula fed 4-6oz/bottle, 5-8x/day
- Continue Vitamin D for breastfed babies
- Do NOT add cereal to the bottle

When to call us:

- Rectal temperature >101 for 72 hours
- Crying excessively or inconsolably
- Difficulty breathing
- Excessive sleepiness or poor feeding
- Vomiting forcefully or frequently
- Limp or sluggish
- OR if you have any other questions or concerns