

APL Bright Futures Handout

3 Month Visit

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

PARENTAL WELL-BEING

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.

INFANT BEHAVIOR

Your Growing Baby

- At this age most infants will vocalize with laughs and shrieks, as well as bat at objects.
- Many infants will have a "fussy period" in the evening which may last for a few weeks and then goes away. You cannot spoil your baby at this age by picking him up, so you may hold your baby if he appears fussy.
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
 - In your room, place her in a bassinet or playpen, not in your bed.
 - In a crib, with slats less than 2 3/8 inches apart.
 - With the cribs drop side always up.
 - Put your baby to sleep drowsy. You can use a pacifier to help her to sleep.
- 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.
- Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

SAFETY

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 hot 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.

INFANT-FAMILY SYNCHRONY

Your Baby and Your Family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

NUTRITIONAL ADEQUACY

Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4 months.
- Avoid feeding your baby solid foods, juice, and water until about 4 months.
- Feed your baby when your baby is hungry.
- Do not feed your infant raw or uncooked honey or put it on your child's pacifier.
- 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
 - Burp your baby during natural feeding breaks.

If Breastfeeding

- Feed your baby 8 or more times each day.
- Continue taking your prenatal vitamins and give your infant 400 international units of vitamin D daily.
- Plan for pumping and storing breast milk. Let us know if you need help.

If Formula Feeding

- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 6–8 times each day.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

Elimination

- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well. Breastfed babies may stool less often as they get older.
- All stool colors are normal except black, red and white. Stool consistency should not be hard, but may be pasty, runny or seedy

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org