

# BRIGHT FUTURES ENCOUNTER FORMS FOR FAMILIES, 4 MONTH VISIT



4 MONTH VISIT

Date: \_\_\_\_\_

Name Jacob Downing

Age 4 months Weight \_\_\_\_\_ Length \_\_\_\_\_



### At Today's Visit

- You and your health professional will have an opportunity to talk about your baby's growth and development.
- Your health professional will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby will receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- How your family is getting along.
- Getting the help you need with your baby.
- How to tell what your baby wants and needs.
- Your baby's sleeping habits.
- Plans to return to work or school, and child care arrangements.
- Finding time for you and your partner to go out without your baby; choosing responsible babysitters.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.

Jacob wakes a lot more at night  
than he used to.  
What is colic? Does Jacob have colic?



Notes:

Working Together to Keep Your Child Healthy and Happy

(continued on next page)

BRIGHT FUTURES ENCOUNTER FORMS FOR FAMILIES, 4 MONTH VISIT (continued)



4 MONTH VISIT

Date:

Name Jacob Downing

Bright Futures



**Things to Keep in Mind Between Now and the Next Visit**

- Childproof your home. Keep medicines, cleaning aids, small or sharp objects, plastic bags, balloons, sockets, cords, and guns out of your baby's reach.
- Keep the number of your local poison control center handy. Obtain a bottle of ipecac syrup but use it only when the poison control center or your health professional tells you to.
- Do not put your baby in a baby walker at any age.
- Always keep one hand on your baby, and do not leave him alone in the bathtub or on high places.
- Introduce solid foods gradually (one per week). Start with iron-fortified baby cereal, then pureed foods (fruits or vegetables, then meats).
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Establish a bedtime routine, and put your baby to bed while he's awake.
- Encourage your partner and other children to help out with the baby.

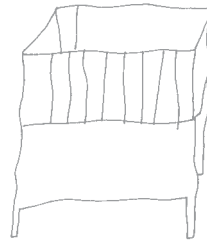
**How to Prepare for the Next Visit**

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to share information about your baby's possible allergies to food or medication.
- Talk with family members and your baby's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

**What to Expect at the Next Visit**

- Your baby will have a physical examination.
- Your baby will receive one or more immunizations.

Notes:



Source: Reproduced with permission from National Center for Education in Maternal and Child Health. 2002. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents—Encounter Forms for Families* (2nd ed.). Arlington, VA: National Center for Education in Maternal and Child Health.