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Northwest Clinic for Children, P.A.



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Website: nwcchildren.com

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**Poison Control:**  
**602-253-3334**  
**1-800-362-0101**

## 1-14 DAY CHECK

- **BREAST FEEDING** - is highly encouraged. For breast fed infants, a Vitamin D supplement should be started in the first two weeks. Formula fed babies do not need vitamin supplements.
- **ALWAYS USE AN APPROVED CAR SEAT** - car accidents are a leading cause of death and injury at all ages. Rear facing until two years old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **HAVE YOUR BABY SLEEP ON HIS/HER BACK OR SIDE** - sleeping on the stomach has been related to an increased risk of SIDS (crib death). Bumper pads and/or positioners ARE NOT RECOMMENDED. Cosleeping is not recommended. Be careful not to fall asleep holding your baby.
- **PROTECT YOUR BABY FROM SUN INJURY** - at all ages use common sense about sun exposure, dress your child appropriately. Ask about sun blocks.
- **AVOID TOBACCO SMOKING IN YOUR HOUSEHOLD** - smoke has been linked to SIDS (crib death), allergies/asthma, and heart/lung diseases. Contacts who smoke should wash hands & face & change shirts/tops.
- **JUMPERS ARE NOT RECOMMENDED** - head and neck injuries may occur with their use.
- **SET THE HOT WATER HEATER TO 120 DEGREES OR LESS** - always check the water temperature yourself before bathing or washing your baby.
- **IF YOU HAVE OTHER CHILDREN, DON'T FORGET TO TAKE TIME FOR THEM THEY NEED EVEN MORE LOVE AND CARE NOW** - if there are sibling jealousy problems, talk to your doctor.
- **IF YOU HAVE PETS** - talk to your doctor about introductions.
- **TO PROTECT YOUR BABY AND YOURSELF, BE SURE YOU AND ALL CLOSE CONTACTS ARE CURRENT ON PERTUSSIS (WHOOPING COUGH) VACCINE (TDAP) AND INFLUENZA (FLU) VACCINE.**
- **YOU MAY EXPERIENCE POSTPARTUM BLUES OR DEPRESSION** - even though you are very happy with your new arrival. If you do, please notify your provider and your OB doctor. Babies are very rewarding but also frustrating, tiring, and stress producing. If you feel anger or the impulse to shake or harm your baby, please put your baby down in a safe place, walk away, and call for help.

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## 2 MONTH CHECK

- **REMEMBER TO ALWAYS USE AN APPROVED CAR SEAT** - car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **NEVER LEAVE YOUR CHILD UNATTENDED IN A VEHICLE** - or anywhere else.
- **BEWARE OF SUN INJURY** - (ask the doctor).
- **CONTINUE TO HAVE YOUR BABY SLEEP ON HIS/HER BACK** - no bumper pads, positioners or loose objects. No cosleeping.
- **AVOID SMOKING IN YOUR CHILD'S ENVIRONMENT.**
- **YOUR BABY CAN START ROLLING OVER AT ANY TIME - NEVER LEAVE THEM UNATTENDED IN AN UNPROTECTED AREA** - (changing table, bed, etc.)
- **TALK TO YOUR BABY - THAT'S HOW THEY LEARN** - tell them things you are doing with them and about things around them.
- **NEVER LEAVE A CHILD UNATTENDED IN A BATH.**
- **PACIFIERS MAY DECREASE THE INCIDENCE OF SIDS** - talk to your doctor.
- **BABIES THOUGH VERY REWARDING ARE ALSO FRUSTRATING, TIRING, AND STRESS PRODUCING** - if you feel anger or the impulse to shake or harm your baby, please put your baby down in a safe place, walk away, and call for help.
- **TUMMY TIME** - continue as often as possible when your baby is awake and under observation.

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## 4 MONTH CHECK

- **REMEMBER TO ALWAYS USE AN APPROVED CAR SEAT** - car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **SLEEP POSITION** - back is the preferred position. No bumper pads, positioners, or loose objects.
- **NO SMOKING IN THE HOUSE OR AROUND YOUR CHILD** - also, try to stop smoking and encourage family and friends to stop for everyone's sake.
- **DON'T LEAVE YOUR BABY UNATTENDED WHERE HE/SHE MIGHT ROLL OVER AND BE INJURED OR IN OR AROUND WATER - BE ACCIDENT CONSCIOUS.**
- **BE AWARE OF CHOKING OR ASPIRATION** - don't give your child foods or articles that are small, hard and easy to choke on. Consider taking a CPR course.
- **BABY PROOF YOUR HOME** - cover electrical outlets, keep medicines and chemicals out of reach or locked, have pool fenced and locked, keep firearms safely locked and unloaded, put gates on stairways. NEVER LEAVE YOUR CHILD UNATTENDED.
- **MANY PARENTS AND FAMILY MEMBERS ARE ANXIOUS TO START SOLID FOODS AT THIS AGE** - IN MOST CASES, IT IS BEST TO WAIT UNTIL SIX MONTHS OLD.
- **KEEP TALKING AND PLAYING** - lots of TLC to grow and learn on.
- **TUMMY TIME** - continue as often as possible when your baby is awake and under observation.
- **MULTIVITAMINS AND IRON SUPPLEMENTS** - may be necessary if you are exclusively breast feeding.
- **BABIES THOUGH VERY REWARDING ARE ALSO FRUSTRATING, TIRING, AND STRESS PRODUCING** - if you feel anger or the impulse to shake or harm your baby, please put your baby down in a safe place, walk away, and call for help.

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## 6 MONTH CHECK

- **REMEMBER TO ALWAYS USE AN APPROVED CAR SEAT** - car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **SUN PROTECTION** - ask about sun blocks. We live in a desert - dress your child appropriately.
- **STOP SMOKING** - if you can't, don't smoke in the house or around your child. Don't allow friends or family to smoke in your house or around your children. Second hand smoke is DANGEROUS!!
- **YOUR BABY WILL BE BECOMING MOBILE - BABY PROOF YOUR HOME** - don't leave your child unattended, cover outlets, fence and lock pool, gate stairways, lock up firearms, medicines and chemicals.
- **DON'T PUT YOUR BABY TO BED WITH A BOTTLE** - this can lead to ear infections and dental decay.
- **TALK TO AND PLAY WITH YOUR BABY!!** - also make time for yourself and the rest of the family.
- **WALKERS CAN BE DANGEROUS** - ask your doctor.
- **IF THERE ARE TEETH - START BRUSHING** - ask for details. Use a soft brush or cloth and a non-flouridated childrens's tooth paste. Even before teeth are in, cleaning gums eases the teething process. If you use only non-fluoridated water, your baby may need fluoridated toothpaste or a supplement.
- **BABIES THOUGH VERY REWARDING ARE ALSO FRUSTRATING, TIRING, AND STRESS PRODUCING** - if you feel anger or the impulse to shake or harm your baby, please put your baby down in a safe place, walk away, and call for help.

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## 9 MONTH CHECK

- **CAR SEATS ARE STILL REALLY COOL - KEEP USING THEM** - car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **ARIZONA SUN IS REALLY DANGEROUS - DRESS YOUR CHILD APPROPRIATELY** - use sun blocks, give lots of fluids (preferably water), never leave them unattended in a vehicle. (see prior)
- **HOUSEHOLD AND POOL SAFETY** - be alert and aware - **THINK!!!** Remember Mom's purse can be a source of medications. Fence and lock all pools, spas, fountains, etc. Lock or put out of reach all cleaning materials. **WEAPONS** should be securely **LOCKED**. **FIREARMS** should be **UNLOADED EVEN IF LOCKED**.
- **IF THERE ARE TEETH - START BRUSHING** - ask for details. Use a soft brush or cloth and a non-fluoridated children's tooth paste. Even before teeth are in, cleaning gums eases the teething process. If you use only non-fluoridated water, your baby may need fluoridated tooth paste or a supplement.
- **START WEANING FROM BOTTLE** - ideally, he/she should be off bottles by one year old.
- **SHOES** - are for warmth and protection. Soft sided and soled shoes are recommended, but bare foot is best when possible.
- **READ TO YOUR CHILD** - help him/her to learn.
- **AVOID CALORIES THAT HAVE NO VALUE** - avoid soft drinks, Kool-Aid, Gatorade, etc. **JUICE IS NOT RECOMMENDED**.
- **IF YOU BIKE WITH YOUR CHILD, USE A HELMET FOR BOTH OF YOU**.
- **NO SMOKING IN THE HOUSE OR AROUND YOUR CHILD** - don't allow friends or family to smoke in your house or around your children. Smoke on clothing is harmful to children.
- **BABIES THOUGH VERY REWARDING ARE ALSO FRUSTRATING, TIRING, AND STRESS PRODUCING** - if you feel anger or the impulse to shake or harm your baby, please put your baby down in a safe place, walk away, and call for help.

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## 2 YEAR CHECK

- **STICK WITH THE CAR SEAT** - it's still the **LAW** - more importantly it is the **SAFEST WAY TO GO**. Your child may be forward facing. Always keep her/him in back seat and preferably in the middle. Children must remain in child safety seat until 5 years old.
- **NO SMOKING!!** - avoid smoke from others whenever possible.
- **YOUR CHILD IS PROBABLY VERY MOBILE NOW. BE ALERT AND AWARE** - lock up medicines and chemicals, keep pool locked, cover outlets, protect stairway. Beware of lamp and drapery cords that a child could become entangled in. Plastic bags can easily cause suffocation - keep them in a safe place. *Curling irons are a common cause of burns - BE CAREFUL.* CHILDREN CAN DROWN IN PLAY POOLS - keep them empty when not in use. WEAPONS SHOULD BE SECURELY LOCKED. FIREARMS should be UNLOADED EVEN IF LOCKED.
- **NEVER LEAVE YOUR CHILD UNATTENDED - STREET SAFETY** - you are probably not as quick as your child - plan ahead, NEVER leave them unattended. Teach them about street dangers and STRANGER DANGER.
- **POOLS ARE MORE DANGEROUS THAN EVER - KEEP THEM LOCKED** - teach your child to swim, but NEVER rely on this to keep them safe. NEVER let a child swim alone. CHILDREN CANNOT BE DROWN PROOF.
- **BRUSH THOSE TEETH - NO BOTTLES OR PACIFIERS**. Continue dental checkups every six months.
- **APPETITE MAY DECREASE OR BECOME PICKY AND VARIABLE. DON'T BE ALARMED** - ask about growth, nutrition, vitamins, milk and iron.
- **TOILET TRAINING SHOULD BE A POSITIVE EXPERIENCE FOR THE CHILD AND PARENT** - they learn by example, praise and reward. They are small so get them their own potty chair so their feet touch the floor. NEVER SCOLD, PUNISH, OR MAKE NEGATIVE COMMENTS. Allow them to go at their own pace. Ignore comments and comparisons of family and friends. Ask the doctor if you need help.
- **The "TERRIBLE TWOS" need not be so terrible** - remember FIRM, LOVING, CONSISTENT DISCIPLINE - play with and enjoy your child, teach games and read to them. Enjoy them - they will only be two once. NEVER HARM A CHILD. IF YOU FEEL YOU CANNOT CONTROL ANGER WITH YOUR CHILD, PUT HIM OR HER IN A SAFE PLACE, WALK AWAY, CALL FOR HELP.
- **BE CAUTIOUS IF YOU HAVE PETS** - injury can easily occur to either.
- **PRAISE YOUR CHILD EVERY TIME IT IS APPROPRIATE.**
- **YOUR CHILD IS MOST LIKELY TO BE LIKE YOU** - be a good role model

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## 12-15 MONTH CHECK

- **LANGUAGE DEVELOPMENT IS EXTREMELY IMPORTANT - READ, TALK AND LISTEN AS MUCH AS POSSIBLE.** Limit pacifiers during awake times - they can interfere with speech.
- **ALWAYS USE AN APPROVED CAR SEAT** - car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/height limit of the rear-facing convertible (toddler) car seat. Always in the back seat and preferably in the middle.
- **ARIZONA SUN IS REALLY DANGEROUS - DRESS YOUR CHILD APPROPRIATELY** - use sun blocks, give lots of fluids (preferably water), never leave them unattended in a vehicle.
- **REMEMBER SECOND HAND SMOKE CAN BE VERY HARMFUL** - protect your child and yourself.
- **YOUR CHILD IS VERY MOBILE NOW. BE ALERT AND AWARE** - lock up medicines and chemicals, keep pool locked, cover outlets, protect stairway. Beware of lamp and drapery cords that a child could become entangled in. Plastic bags can easily cause suffocation - keep them in a safe place. *Curling irons are a common cause of burns - BE CAREFUL.* CHILDREN CAN DROWN IN PLAY POOLS - keep them empty when not in use. WEAPONS SHOULD BE SECURELY LOCKED. FIREARMS should be UNLOADED EVEN IF LOCKED.
- **BARE FEET ARE BEST** - soft shoes are best when shoes are necessary.
- **BRUSH THOSE TEETH** - preferably twice a day but especially at bedtime. Bottles are destructive to teeth - he or she should be off now. Avoid juices, soft drinks, etc. Encourage water. Dental checkups are recommended - ask your provider.
- **APPETITE MAY DECREASE DURING THE NEXT YEAR** - your child is not growing as rapidly. Ask about diet, milk consumption, and vitamins. JUICE IS NOT RECOMMENDED.
- **ONE OF THE BEST WAYS TO SHOW LOVE IS DISCIPLINE** - be firm yet loving and most importantly, be consistent. **Constantly praise the good behavior.** Set limits. NEVER HURT A CHILD. IF YOU FEEL YOU CANNOT CONTROL ANGER WITH YOUR CHILD, PUT HIM OR HER IN A SAFE PLACE, WALK AWAY, CALL FOR HELP.
- **PETS & CHILDREN MAY BE IN COMPETITION** - be careful.
- **BE A GOOD ROLE MODEL!!!**

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## 18 MONTH CHECK

- **DON'T GET RID OF THE CAR SEAT** - you will need it for several years. Keep using it. car accidents are a leading cause of death and injury at all ages. Rear facing until two year old OR until the child reaches the upper weight/weight limit of the rear-facing convertible (toddler) car seat Always in the back seat and preferably in the middle.
- **ARIZONA SUN IS REALLY DANGEROUS - DRESS YOUR CHILD APPROPRIATELY** - use sun blocks, give lots of fluids (preferably water), never leave them unattended in a vehicle.
- **REMEMBER SECOND HAND SMOKE CAN BE VERY HARMFUL** - protect your child.
- **YOUR CHILD IS VERY MOBILE NOW. BE ALERT AND AWARE** - lock up medicines and chemicals, keep pool locked, cover outlets, protect stairway. Beware of lamp and drapery cords that a child could become entangled in. Plastic bags can easily cause suffocation - keep them in a safe place. ***Curling irons are a common cause of burns - BE CAREFUL.*** CHILDREN CAN DROWN IN PLAY POOLS - keep them empty when not in use. WEAPONS SHOULD BE SECURELY LOCKED. FIREARMS should be UNLOADED EVEN IF LOCKED.
- **BARE FEET ARE BEST** - soft shoes are best when shoes are necessary.
- **BRUSH THOSE TEETH** - preferably twice a day but especially at bedtime. Avoid juices, soft drinks, sports drinks, etc.
- **APPETITE MAY DECREASE DURING THE NEXT YEAR** - your child is not growing as rapidly. Ask about diet, milk consumption, and vitamins.
- **YOUR BABY SHOULD NOW BE OFF THE BOTTLE** - bottles can be destructive to teeth, lead to ear infections, and interfere with nutrition (excessive fluid intake will decrease solid food consumption). Pacifiers can also be associated with ear infections (particularly in daycare settings). WEAN FROM PACIFIER.
- **ONE OF THE BEST WAYS TO SHOW LOVE IS DISCIPLINE** - be firm yet loving and most importantly, be consistent. **Constantly praise the good behavior.** Set limits. NEVER HURT A CHILD. IF YOU FEEL YOU CANNOT CONTROL ANGER WITH YOUR CHILD, PUT HIM OR HER IN A SAFE PLACE, WALK AWAY, CALL FOR HELP.
- **BE A GOOD ROLE MODEL!!!**
- **MOST CHILDREN ARE NOT READY FOR TOILET TRAINING AT THIS AGE** - ask your doctor.