



Wellness Visit

1 Month

fhm Primary Care

FHMatters.com • (603) 386-0100

A reminder for all new parents...

Everyday will be different and that's ok!
Whether this is your first baby or you've done this many times before, ALL new parents need support, reach out for help when you need it!
If you have questions don't hesitate to call us.

Support & Self-Care

CALL US

- For help if you feel sad, or overwhelmed for more than a few days
- If you do not feel safe at home.

TAKE CARE OF YOURSELF

Be sure you have a postpartum appointment scheduled with your provider. Caring for yourself is vital in being a caregiver.

PREPARING FOR THE NEW NORMAL

If you are returning to work start thinking about what your routines will look like.

If you are breastfeeding be sure to ask your employer where you can pump. Your employer is legally required to provide a private space for you that is NOT the bathroom.

If you need childcare start looking
You can ask us if you need help.

Safety

CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles
Your baby should never be in a seat with a passenger air bag.

SMOKE-FREE

Keep your baby in smoke-free environments.
Your car and home should be 100% smoke-free.

BATH TIME

Always test your baby's bath water and never leave your baby alone in a bath.

DIAPER & CLOTHES

Always keep one hand on baby when changing clothes or diapers. Keep hanging strings, cords, necklaces, and bracelets out of baby's reach.



Caring for Baby

ROUTINES

Try your best to keep simple routines for bathing, feeding, sleeping and playing.

SAFE SLEEP

Put your baby to sleep on their back in a crib in your room that meets current safety standards.

Find more info on cpsc.gov

The crib should only have a fitted sheet and your baby no bumpers, toys or blankets.

Use a sleep sack in your baby's size for warmth.

CRYING

It is normal for babies to cry more between 6-8 weeks old. When your baby is crying comfort them by talking, patting, and rocking. *Never shake your baby.*

FEEDING

Only feed your baby breast milk or iron fortified formula for the first 4-6 months.

Feed your baby when you see signs of hunger such as putting hand to mouth, rooting, sucking and fussing.

Breastfeed or bottle feed 8-12 times per day.

Burp your baby after feeding. Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If bottle feeding do not prop the bottle.



Health & Wellness

TAKING A TEMP

Use a rectal thermometer for the most accurate temperature.

**A fever is anything 100.4° F/38.0°C or higher
Fever is serious at this age - call us immediately if your baby has temp of 100.4° F/38.0°C or higher**

WASH YOUR HANDS

Wash your hands often to keep you and your baby healthy.