



Wellness Visit

2-5 Day (First Week)

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.

REST

Relax and sleep if you can when your baby sleeps.

ACCEPT HELP

From family & friends who offer it.

TAKE CARE OF YOURSELF.

Being a caregiver is a lot more challenging if you don't care for yourself. It may sound obvious but don't forget to eat, drink plenty of water, shower, brush your teeth, and take a moment to breathe.

YOU KNOW WHAT'S BEST FOR YOUR CHILD

If you are offered advice that you do not want or do not agree with, smile, say thanks and change the subject.



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.

NO HOT LIQUIDS

Do not drink hot liquids while holding your baby and be sure your water heater is set lower than 120°

BATH TIME

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



Caring for Baby

COMFORT & SOOTHE

Gently touch your baby's head or rock back and forth.

FEEDINGS

Help wake your baby for feedings by gently patting, or changing their diaper before feeding .

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



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
Fevers are serious at this age - call us immediately if your baby has temp of 100.4° F / 38.0°C or higher

EMERGENCY CONTACTS

Keep a list of emergency phone numbers handy.
Fill in below and cut out for easy reference.

EMERGENCY CONTACTS

Local Police:

Fire Department:

Poison Help: (800) 222-1222

Primary Care Provider: (603) 386-0100