



Wellness Visit

2 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.

ACCEPT HELP

From family & friends who offer it.

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.

SAFE SPACE

Babies are curious - make a clean, clear area for your baby to roll and play. Keep plastic bags, balloons, and small objects away from your baby.



Caring for Baby

ROUTINES

If you are returning to work know that it is normal to feel sad when dropping your baby off at childcare. Doing prep work the night before can alleviate some stress in the morning. But ultimately you want to find a routine and do what works best for you!

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.

FEEDING

Only feed your baby breast milk or iron fortified formula for the first 4-6 months.
Avoid feeding your baby solid foods until 6 months.

PLAYTIME

Put your baby on their tummy on the floor when awake and you are there to watch.
They may not like it the first time and that's OK!



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

WASH YOUR HANDS

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