

WELL-CHILD DIARY

THREE TO FOUR WEEK CHECKLIST

Congratulations on your new addition! At your first well-child visit, you'll hear a lot of instruction and new information, so try to bring a list of questions with you. Each parent/baby's situation is unique, so don't be afraid to ask about things big and small!

ASK YOUR DOCTOR ABOUT:

Milestones

- Is my child growing as expected?
- What changes should I see during his next stage of development?
- Are his/her immunizations up to date?
- What should I know about immunizations?

Nutrition

- Should I breastfeed my baby or which type of formula is best for my baby?
- How do I know if my baby is getting enough breast milk or formula?
- How much should I feed my newborn?
- What is the best way to burp my baby?

Medical

- How should I care for the umbilical cord?
- How do I know if my baby's spit up is normal or worrisome?
- What should I do if I think my baby is constipated?
- How do I know if my baby is sick? Should I take his temperature every day?

Daily activities

- How can I make sure my baby is sleeping safely?
- How often and how should I bathe my baby?
- What soaps/wash/lotions should I use?
- What color should my baby's poop be?



NOTES:



EAST REGION

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