

IMMUNIZATIONS: I will receive my first DPT-HIB shot in my thigh and a Polio vaccination.

Give me _____
_dropperful of fever reducing medicine like Tylenol, Tempra, Panadol, or Liquiprin every 4 to 6 hours for the next 24 hours after the shot.

Call the clinic when:

- I am crying and irritable for more than 24 hours.
- I have a fever higher than 103 degrees by rectum.
- I have a fever that lasts longer than 24 hours.
- I have diarrhea or vomiting for longer than 24 hours.

My next visit to the clinic should be:

Dear Mom and Dad,

I love it when you hold me, play with me, and talk with me because it tells me that you love me. When I feel loved, I learn to like who I am. This self-respect will help me respect other people as I grow up and will make a more peaceful world.

I also love all the special attention you give just to me. Please be good about using your birth control so I don't have a brother or sister for at least 2 or 3 years. Do not forget about keeping your postpartum exam.

Please work on finishing school. I will be OK while you are gone. I want you to be successful in life so that we can enjoy life together even more when I am older.

I am
Two Months
Old

TEEN



TOT
CLINIC

Milwaukee Adolescent
Health Program
277-8900

Age _____

Weight _____

Height _____

SEEING: I am now able to use my eyes to follow things that move, like your face or toys. When you cannot hold me, I want you to safely prop me upright in an infant seat so I can see what's going on around me.

HEARING: I now know your voice and it quiets me when I'm upset. If I jump or blink my eyes with sudden loud noises, this is a good sign that I am able to hear.

TALKING: I can do more than cry. I make cooing and gurgling sounds. I smile when you talk and play with me.

PLAYING: Taking a bath is more fun because I can splash by waving my arms and kicking my legs. Since I'll soon be rolling over, lay me on a blanket on the floor so I can play safely. I'm not yet able to grab toys with my hands, so place the toys into my hands for me. You'll find me staring at and playing with my hands because I have just discovered them.

FEEDING: Don't put cereal into my bottle. I only need formula or breast milk for my body to grow. My feedings now should be about 4-5 hours apart.

SLEEPING: When I'm 3 months old, You'll be happy to know that I may begin sleeping through the night and taking up to 3 naps per day.

SAFETY: Don't ever leave me alone in the bathtub, even to get the phone. They can call back. When I'm taking a ride in a car or taxi, always put me in my car seat correctly. Since at any time I may roll over, do not leave me alone on a sofa or bed. It is safer to hold me or lay me on the floor.