

Date	Patient Name	DOB
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Developmental Questions and Observations

Ask the parent to respond to the following statements about the infant:

Yes No

Please tell me any concerns you have about the way your baby is behaving or developing:

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- My baby looks at me and listens to my voice.
 - My baby quiets when picked up.
 - My baby is sleeping well.
 - My baby is eating well, sucking well.
 - My baby makes cooing sounds.
 - My baby lifts his/her head while on tummy.

Ask the parent to respond to the following statements:

Yes No

- I am sad more often than I am happy.
- I have more good days with my baby than bad days.
- I have people who help me when I get frustrated with my baby.

Provider to follow up as necessary.

Developmental Milestones

Always ask parents if they have concerns about development or behavior. (You may use the following screening list, or a standardized developmental instrument or screening tool).

Infant development			Parent development		
Coos and vocalizes reciprocally	Yes	No	Looks at infant	Yes	No
Smiles responsively	Yes	No	Picks up and soothes infant or comforts baby effectively	Yes	No
Follows to midline	Yes	No	Are parent and baby interested in and responsive to each other?	Yes	No
Is attentive to voices, sounds, visual stimuli	Yes	No	Does parent seem depressed, angry, tired, overwhelmed, or uncomfortable?	Yes	No
Some head control in upright position	Yes	No			
Shows pleasure interacting w/parent	Yes	No			

Please note: Formal developmental examinations are recommended when surveillance suggests a delay or abnormality, especially when the opportunity for continuing observation is not anticipated. (*Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*)

Additional notes from pages 1 and 2:

Family history update

Since your last visit, have there been any changes in your family history? Include:

- Deaths: who _____ what age _____
- New medical diagnosis: who _____ what age _____
- Anything else in your family history you have concerns or questions with: (refer to family history form)

Staff signature: _____ Provider signature: _____

Patient education

Infancy: 2 months

Milestones: Ways your baby is developing between 2 and 4 months of age

- Likes to look at and be with familiar people
- Shows excitement by waving arms and legs and smiles when you speak to him/her
- Eyes follow people and things
- Lifts head and shoulders up when lying on tummy
- Babbles and coos; smiles/laughs/squeals
- Likes toys that make sounds and tries to hold small toys
- Holds his/her own hands and feet
- Begins to roll from side to side

Safety tips

- Use a rear-facing car seat for your baby on every ride. Buckle your baby up in the back seat, away from the air bag.
- NEVER shake your baby. Shaking causes serious brain damage. Make sure everyone who cares for your baby knows this.

Preventing burns:

- Check to make sure the bath water is lukewarm, not hot, before you put your baby in the water.
- Avoid drinking hot coffee, tea, or other drinks while holding your baby.
- Keep your baby out of the sun. Dress your baby in a hat with a brim and clothes that cover the arms and legs.

Health tips

- “Well child” check-ups help keep your baby healthy. Try not to miss these doctor visits beginning at 2 months. If you do, call for another appointment. Check-ups are due at 2, 4, 6, 9, 12 & 15 months of age.
- Keep your baby’s immunization (shot) card in a safe place and bring it to every doctor or clinic visit.
- Breast milk or formula is all that babies this age need to grow. Avoid giving juice to your baby at this age. Sometimes your baby will need to eat more often than other times. This means he/she is growing faster.
- You can keep breastfeeding when you go back to work. For information, talk to your doctor or nurse or call WIC.
- Keep your baby away from people who are smoking. Tobacco smoke may cause your baby to be sick with breathing problems or ear infections, and may increase the chance of Sudden Infant Death Syndrome (SIDS).
- Continue putting your baby to sleep on his/her back to lower the chance of SIDS. Make sure grandparents and other babysitters also put your baby to sleep on his/her back.
- Call your baby’s doctor or nurse before your next visit if you have any questions about your baby’s health, growth, or development.

Parenting tips

- Help your baby learn and grow by playing lovingly with him/her.
- Talk and sing to your baby and look into his/her eyes. This helps your baby know you love him/her and helps his/her brain grow.
- When you are a parent you will be happy, mad, sad, frustrated, angry, and afraid, at times. This is normal. If you feel very mad or frustrated:
 - Make sure your child is in a safe place (like a crib) and walk away.
 - Call a good friend to talk about what you are feeling.
 - Call the Parent Helpline at 800 942-4357 (in Michigan). It’s free! They will not ask your name, and can offer helpful support and guidance. The helpline is open 24 hours a day. Calling does not make you weak; it makes you a good parent.

For help or more information

Priority Health

Customer Service 616 942-1221 or 800 446-5674

Medicaid 888 975-8102

Behavioral Health 616 464-8500 or 800 673-8043

priorityhealth.com

Depression

Surrounding pregnancy and childbirth

depressionafterdelivery.com/Home.asp

Postpartum Support International Postpartum Depression Helpline

800 944-4PPD (4773) or online at *postpartum.net*

Domestic violence

National Domestic Violence Hotline

800 799-SAFE (7233) or online at *ndvh.org*

Breastfeeding, food and health information

Women, Infant, and Children (WIC) Program

800 26-BIRTH (262-4784)

The National Women's Health Information Center Breastfeeding Helpline

800 994-WOMAN (9662), *4woman.gov/breastfeeding*

LA LECHE League 800 LALECHE (525-3243), *lalecheleague.org*

Special health care needs

Children Special Health Care Services, MDCH Family 800 359-3722

Car seat safety

Auto Safety Hotline 888 327-4236 or online at *safercar.gov*

To locate a Child Safety Seat Inspection Station, call 866 SEATCHECK (732-8243) or online at *seatcheck.org*

Childhood development

Early On Michigan 800 327-5966

Michigan Head Start Association 517 374-6472

Project Find 800 252-0052 or online at *projectfindmichigan.org*