

WELL BREASTFED INFANT CARE

Date	Age	SUBJECTIVE	DEVELOPMENTAL TASKS <small>S=SOCIAL FM=FINE MOTOR L=LANGUAGE M=GROSS MOTOR B=BREAST FEEDING</small>	EXAM ✓ =NORMAL X = ABNORMAL
Date	1 week	See Assessment Handouts	FM Quality of Suck M Root/ sucking reflex B Latch-on and positioning/ Mother-led vs. Child-led feeding	GEN.AP LATCH-ON & POSITIONING HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	2-4 week	Nursing Frequency____ On demand____ # of Stools____ # of Voids____ Breast/Nipple____	S Cuddles FM Follow to Midline/Equal movements/ Responds to Sound/Moro M Primitive Step/ Palmar Grasp/Neck/Elbow Flexor Tone B Actively feeds> 10 minutes	GEN.AP LATCH-ON & POSITIONING HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	6-8 Week	S-	S –Smiles FM Palmar Grasp Fades L Listens to Bell M Lifts Head B Baby opens mouth wide /Begins to position self	GEN.AP HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	3-4 M	S-	S -Smiles Spontaneously /Hands Together/Follows 180 L Squeals FM Laughs Babbles M Rolls Over, Head Steady, Sits w/ help B Efficiently nursing baby/Latches on Easily	GEN.AP HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	5-6 M	S-	S -Smiles at Mirror FM Grasps rattle/ Reaches for object L Coos M Prone Holds chest up/Sits B Signs of weaning/ solids readiness/Nurses sitting up/ Latch-on effortless	GEN.AP HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	9- 10M	S-	S Bye bye/ Feeds self crackers/Peek-a-boo/ FM Pincer Grasp/Raking Grasp/Transfers bjectsd/Looks for Hidden Objects L Mama Dada nonspecific/Turnse to Voice/Imitates Speeck Sounds M Stands holding on/ Bears some WT. B Crawls over to nurse/Comfort Nurses	GEN.AP HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.
Date	1 Year	S-	S- Kiss/Interactive Games/Pat a Cake FM Bangs 2 Cubes L Mama Dada Specific M Walks with help/Stands alone Seconds B Uses words for nursing/Laughes with joy when offered breast	GEN.AP HEENT LUNGS C.V. SKIN ABD NEURO EXT GEN.

Date	Age	ASSESSMENT BF=Breastfeeding EBF=exclusive MBF=mixed W=weaned PW=premature WC=well child	ANTICIPATORY GUIDANCE SA=SAFETY SX=SYMPTOMATIC BF/FD=BREASTFEEDING Rx FL=FEELING	PLAN INSTRUCTIONS/PROCEDURES/RECOMMENDATIONS
Date	1 Week	A-	SA Car Seats, Cosleeping, Back to Sleep, breastfeeding BF/ FD Burping, Hindmilk, Growth Spurts Avoid Bottle/ Pacifiers, Signs of Early Hunger and Satiation SX Stooling, Avoid Crying, Sleepy Baby FL Parents/ Sibling	Nursing Frequency INCREASE LENGTH or PUMPING TO INCREASE SUPPLY BREAST COMPRESSION NIPPLE CARE/SKIN-TO-SKIN CONTACT/CORD CARE /CIRC CARE/ F/U 1 week/ Rest and limit visitors
Date	2 Week	A-	SA Bedding, Bathing, BF /FD NO Propping, Cluster Feeding GROWTH SPURTS, CHANGING DYNAMICSOF BF SX Colic, Nasal Hygiene, Thermometer/Fever, Skin Care FL SLEEP, ROUTINE-NO SCHEDULE	NURSE ON DEMAND/Practice Nursing in Lying Position EXCLUSIVE BF for 6 mo After 3-4TH week PUMP for STORAGE F/U 2 mo & PRN
Date	6-8 Week	A-	SA FALLING (ROLLING OVER) CAR SEATS /Fire Retardant Clothing Small Objects Out of Reach BF/ FD Growth Spurts, BF Baby Leaner Cluster Feeding, Milk Supply maintenance, Feeding Efficiency/Breast Fullness SX Tylenol, Thermometer Use, Stooling Slows FL SLEEP, Oral Hygiene	COMVAX #1 ___ DaPT #1 ___ IPV #1 ___ Pevnar___ EXCLUSIVE BF for 6 mo F/U 4 mo & PRN
Date	3-4 M	A-	SA Stairway Gaits, Avoid Walkers/Jumpers BF /FD SIGNS BABY READY FOR SOLIDS Shorter Nursing/ Easily Distracted Nursing Strikes SX DIARRHEA FL Behavior Expectations, Baby-sitters	COMVAX #2 ___ DaPT #2 ___ IPV #2 ___ Pevnar ___ CONTINUE EXCLUSIVE BF F/U 6 mo & PRN
Date	5-6 M	A-	SA CRAWLING-ELECTRIC OUTLETS/Floor Heaters, Poisons BF /FD CHOKING, Pica, Spoon, NURSING FREQUENCY, Changing Composition of Milk/MUTUAL/Natural WEANING, Intro. Cup/Avoid Bottles, With Solids Milk Supply Becomes Supplementary SX DENTAL CARE/TEETHING URI-Review Ibuprofen, Ipecac FL Stimulation/ Consistency	DaPT #3___ Pevnar___ COMMENDATION for EXCLUSIVE BF RECOMMEND CONTINUATION for a MINIMUM of 1 YEAR/ F/U 9 mo (FIRST TIME BF MOMS) & PRN12-13 mo (SECOND TIME MOMS) & PRN
Date	9- 12M	A-	SA Ambulation Hazards BF /FD Finger Foods WEANING and TRIPLE NIPPLES SX Dental Hygiene OM, Shoes FL Exploration Strangers Discipline, Temper Separation Anxiety	CONTINUE BF F/U 12-13 mo & PRN
Date	1 Year	A-	SA Climbing Window, Stairs BF/ FD Decreasing Appetite, Eating Habits Nursing Manners/Setting Limits/Tandem Nursing/Nursing Frequency Commonly Increases with Illness/Teething. SX Vomiting, Review FL Independence Testing, Consistent Limits	MMR#1___ VARICELLA___ COMVAX #3___ PPD___ LEAD___ Pevnar___ Congratulations AAP GUIDELINES MET WHO/UNICEF Recommendations > 2 YEARS F/U 15-18 mo & PRN COMFORT NURSING Encouraged