

1. Health Care Professional Tips: 3 days & 2 weeks (see #4 below for depression, attachment and vitamin D):

Rules of thumb for weight gain:

5-7% weight loss in first 3-4 days
Weight gain starts at day 5
Regain birth weight by 2 weeks
115-230grams per week average weight gain in first 3 months

Red Flags for weight gain/growth:

Weight loss > 10% of birth weight
Weight loss that continues beyond first week
Has not regained birth weight by 2 weeks
Little or no growth in HC or length
Infrequent or ineffective feeds

2. Health Care Professional Tips: 1 month & 2 months (see #4 below for depression, attachment and vitamin D):

Rules of thumb for weight gain:

115-230 grams per week average weight gain in first 3 months

Red Flags:

Weight loss >10% of birth weight
Little or no growth in HC or length
Infrequent or ineffective feeds

3. Health Care Professional Tips: 4m, 6m & 9m (see #4 below for depression, attachment and vitamin D):

Referral reminders:

1. Plagiocephaly: parents can self-refer to Children's Physiotherapy or HCPs can refer through Centralized Intake (best time to refer is between 3-6m)
2. Strabismus? Refer at 4m, no sooner

4. For all visits up to and including 12 months of age:

Whooley Depression Screen interpretation:

If response to both questions is "no", the screen is negative
If response to either question is "yes", more detailed questioning may be indicated

Attachment Screen:

Parent/guardian responds sensitively and appropriately to infant's signals
Provides environment where infant feels secure

Recommended Vitamin D Supplementation for Infants: Birth to 12 Months of Age

Breastfed infants: 400-800 IU daily
Formula fed or combination fed infants <1000ml (32 ounces) formula/day: 400 IU daily
Formula fed or combination fed infants >1000ml (32 ounces) formula/day: 0-400 IU daily

5. For all visits 12 months of age and older: (see #4 for depression and attachment):

Recommended Vitamin D intake: 1000 IU daily