

[null|open: <http://www.rourkebabyrecord.ca/walk2.asp> for evidence links and information]

[null|open new Rourke]

[null|check for email address]

4 MONTH OLD WELL BABY VISIT:

S: Parental concerns: [none voiced | (list:)]

NUTRITION:

[null|Breastfeeding:]

[null|Latch:]

(link to LATCH tool, WRHA Breastfeeding Guidelines, page 71: <http://www.wrha.mb.ca/extranet/eipt/database.php>)

NOTE: If baby wants to feed, encourage this during the visit to assess latch)

[null|Formula feeding:]

[null|Iron fortified: [yes|no, comments:]]

[null|150ml(5oz)/kg/day? [yes|no, comments:]]

Combination feeding? [Yes|No] If yes, describe in detail:

Vitamin D amount: (See Health Care Professional Tips document):

If none, indicate why:

Demand feed: [yes|no, comments:]

What does demand feeding mean to you?

Tell me how it's been for you with the feeding....for example, how do you know if your baby is hungry?

Cue interpretation:

Cluster feeds:

Number of feeds/day (8+):

Growth spurts:

Minimum/maximum length of time between feeds:

Longest sleep cycle:

Where is infant sleeping? (red flag: co-sleeping):

OUTPUT:

Stool pattern (describe):

Urine output (6-10 wet diapers/day): [yes|no, comments:]

EDUCATION & ADVICE (in addition to Rourke, also review):

Attachment:

Not all mothers bond with their babies right away, it's normal for that bond to take a little time to form. How are you feeling about the bond between you and your baby?

Whooley Depression Screen (See Health Care Professional Tips for interpretation):

1. During the past month, have you often been bothered by feeling down, depressed, or hopeless? [Yes|No]

2. During the past month, have you often been bothered by little interest or pleasure in doing things? [Yes|No]

Support for Mom? [yes|no|comments:]

Refer to Mental Health Resource Guide for Health Care Professionals: <http://home.wrha.mb.ca/prog/mentalhealth/promotion.php>

Do you have difficulty making ends meet at the end of each month? [Yes|No]

Refer to Child Poverty: A Practical Tool for Primary Care <http://www.gov.mb.ca/health/primarycare/providers/povertytool.html>

Dental care discussed: Brush your baby's teeth twice a day as soon as the first tooth appears, especially before bed [Yes|No]

Given resource for WRHA Newborn to 6 months: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

Where is infant sleeping? (red flag: co-sleeping):

O: See Rourke physical section

NOTE: Any sign of strabismus? (Refer at 4m, no sooner)

A & P: 4 month old well baby: growth curves and development on track

1) Any identified concerns? [no|yes, comments and plan:]

2) Identified breastfeeding or formula feeding concerns? [no|yes, comments and plan:]

3) Average # of grams weight gain per week: _____ grams (Rule of thumb: birth weight should double at 4-5months)
Any problems with weight gain? [no|yes, comments and plan:]

4) Any identified developmental concerns? [no|yes, comments and plan:]

5) Immunizations:

- administered 4m old immunizations (see medical bands)

- discussed 6m old immunizations, given pertinent handouts <https://www.gov.mb.ca/health/publichealth/cdc/div/schedules.html>

6) Discussed future introduction to solids at 6m age:

- provided parent with “Feeding Your Baby 6 Months to 1 Year” and “Cups for Babies” handouts

7) Recommended attendance at Public Health’s Intro to Solids session (contact Public Health office for info)

8) Development: Given age appropriate activity list handout from Ages & Stages: 4-8m Activity Sheet

<http://home.wrha.mb.ca/prog/pph/hpecd/asq.php>

9) Given Rourke Baby Record Well Baby Resource Sheets 4 month: <http://www.rourkebabyrecord.ca/parents/>

10) Provided with Canadian Physical Activity guideline – for the early years 0-4 years (print off EMR)

11) Link diagnosis v202 (routine infant or child health check)

12) Can parent access online resources? If yes, send task to designated Clinical Support Staff to email list of on-line resources to parents in addition to the ones provided above.

13) Return to clinic at 6 months of age