

Information for the One Month Well Child Check

1 Vaccines

- a.* Don't forget to book your baby's routine vaccines. These are done through Public Health, and start at age 2 months. These vaccines are free, and include protection against diphtheria, tetanus, pertussis (whooping cough), haemophilus influenzae Type B, polio, and pneumococcus. The Canadian Pediatric Society has a great information section on immunization information for parents (www.caringforkids.cps.ca).
- b.* The other vaccine recommended for children at 2 months of age is the vaccine for protection against Rotavirus. Rotavirus is a virus that can cause severe vomiting and diarrhea, often requiring assessment by a doctor, and sometimes requiring treatment in an emergency room for dehydration. Almost all children will be affected by age five, with the peak incidence between 6 months of age and two years of age. The vaccine helps to reduce infection rate, and prevent severe forms of illness. Although not publicly funded, or provided by the Public Health Unit, it is recommended by the Canadian Pediatric Society. The Canadian Pediatric Society Website has a great Rotavirus information section (www.caringforkids.cps.ca).

2 Vitamin D

- a.* Just a reminder that all infants, whether breastfeeding or formula feeding, require a Vitamin D supplement. The correct dose for infants is 800 IU per day. There are two forms of Vitamin D available (D Drops, or Di-vi-sol). In addition, all adults (and other older children) generally require Vitamin D supplement. Talk to your doctor about the correct dosing for adults and older children.

3 Sleep Safety

- a.* SIDS (sudden infant death syndrome) risk can be significantly reduced by making sure babies always sleep on their back, in their own bed, with no clutter in their cribs. This means that stuffed animals, bumper pads and extra bedding should not be in their crib or bassinette.

4 Maternal Health

- a.* While it is normal to be tired (a lot of the time) and worried (some of the time), it is also important to monitor for post-partum depression. This is a common condition, affecting 1 in 6 moms. If you are concerned about your mood please talk to your doctor.
- b.* If you are not quite ready to have another baby yet, talk to your doctor about birth control options.