



105 Richeson Drive, Lynchburg,
Virginia 24501 434.385.7776
www.richesondrivepediatrics.com

Date: _____ Age: **1 month**

Name: _____ Ht. _____ Wt. _____

One month old can:

- Eat, sleep, cry
- Hold head up from bed
- Squirms off flat surface
- Makes eye contact
- Gassy stage- peak crying at 4-6 weeks- may use gas drops

Stimulation:

- Provide mobil
- Play music
- Talk to baby
- Read, sing, dance
- Play time on stomach and back
- Black and White contrast designs
- No tv until 2 years old

Foods:

- Vitamin D, D-Vi-Sol—1 milliliter a day if breast fed

Equipment:

- Car seat- rear facing until age 2
- Cool mist humidifier
- Rectal thermometer- If temperature is greater than 100.4- please call us

Medications:

- For diaper rash- zinc oxide, A&D ointment
- For nasal congestion- Normal saline nose drops and bulb suction

Safety:

- Car seat- rear facing until the age of 2
- Never leave child unattended in car or bath
- Sleep on back
- Be sure your sitter places your baby on back to sleep

- May use pacifier at bed time
- Water temperature should be below 120 degrees Farenheight

Resources:

- www.healthychildren.org (American Academy of Pediatrics)

Return: 2 months of age



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

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