

# Questions to Ask Your Pediatrician

1. Date and Time of Pediatrician Appointment \_\_\_\_\_  
Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_  
Actual Age \_\_\_\_\_ Corrected Age \_\_\_\_\_

Vital Signs: Temperature \_\_\_\_\_ Heart Rate \_\_\_\_\_  
Respiratory Rate \_\_\_\_\_ Blood Pressure \_\_\_\_\_

2. Feeding:  Breastfeeding  Formula  Supplementing  
Type \_\_\_\_\_  
Amount \_\_\_\_\_  
Frequency \_\_\_\_\_  
Special Instructions \_\_\_\_\_

## Feeding

1. Should I wake my baby to feed during the day? At night? \_\_\_\_\_
2. How long should my baby stay on a nutrient-enriched formula? \_\_\_\_\_
3. What is nipple confusion? \_\_\_\_\_
4. Should I sterilize my baby bottles? \_\_\_\_\_
5. How long should a feeding take? \_\_\_\_\_
6. What should my baby's poop look like? \_\_\_\_\_
7. Do I need to give my baby any special medicine? \_\_\_\_\_  
If so, how much? How often? \_\_\_\_\_
8. When do we start solid foods? \_\_\_\_\_

## Sleeping

1. Should my baby sleep in a bassinet? \_\_\_\_\_  
If so, how many months should my baby sleep in a bassinet? \_\_\_\_\_
2. Should I swaddle my baby? How do I swaddle my baby? \_\_\_\_\_
3. When can I move my baby to a crib? Can I use a crib bumper? \_\_\_\_\_
4. What is SIDS? How do I prevent it? \_\_\_\_\_
5. How long should my baby sleep during the night? \_\_\_\_\_
6. Where should my baby nap? How long should my baby nap? \_\_\_\_\_



## General Care

1. How do I know if my baby is developing normally? \_\_\_\_\_
2. Does my baby have any long term health problems? \_\_\_\_\_
3. Will my baby ever catch-up on the growth charts? \_\_\_\_\_
4. Is my baby too small for the car seat? \_\_\_\_\_
5. What is my baby's vaccination schedule? \_\_\_\_\_
6. What should the temperature be in my house? \_\_\_\_\_
7. Should I continue kangaroo care at home? \_\_\_\_\_
8. How often should I bathe my preemie? \_\_\_\_\_
9. How often should I cut my baby's fingernails? What's the best way to do this? \_\_\_\_\_
10. How do I know if my baby is sick? \_\_\_\_\_
11. How do I take my baby's temperature? \_\_\_\_\_
12. Can family/friends come to our house? How many is too many visitors? \_\_\_\_\_
13. Can I take my baby to public places  
(shopping mall, restaurant, portrait studio, etc)? \_\_\_\_\_
14. Is it ok to travel to visit family/friends by car, airplane, etc? \_\_\_\_\_
15. Is it ok for family/friends to hold my baby? \_\_\_\_\_  
Should they wash their hands first or use a hand sanitizer? \_\_\_\_\_
16. Should I buy premature size baby diapers and clothes? \_\_\_\_\_
17. How many layers should I dress my baby in during the winter months? \_\_\_\_\_
18. Should I put sunscreen on my baby? \_\_\_\_\_
19. How do I know if my baby has diaper rash? \_\_\_\_\_
20. Do you offer a support group for new parents? \_\_\_\_\_
21. Do I need to attend a follow-up clinic? \_\_\_\_\_

Be sure to ask your pediatrician for a **Similac<sup>®</sup> NeoSure<sup>®</sup>** first visit kit!