Bright Futures Previsit Questionnaire
2 Month Visit

For us to provide you and your baby with the best possible health care, we would like to know how things are going.
Please answer all of the questions. Thank you.

What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

We are interested in answering your questions. Please check off the boxes for the topics you would like to discuss the most today.

How You Are Feeling
[ ] Getting back to normal activities  [ ] Feeling sad  [ ] Your partner helping you take care of your home and baby
[ ] Helping taking care of your baby  [ ] Brothers and sisters getting along with your baby  [ ] Taking time for yourself
[ ] Finding time alone with your partner

Your Growing Baby
[ ] How you are doing with your baby  [ ] Where your baby sleeps  [ ] How your baby sleeps
[ ] How to keep your baby safe while sleeping  [ ] Tummy time for playtime with you  [ ] Rolling over
[ ] Putting your baby to sleep  [ ] Calming your baby  [ ] Daily routines

Your Baby and Family
[ ] Leaving your baby when going to work or school  [ ] Finding good child care

Feeding Your Baby
[ ] Feeding routine  [ ] When to begin solid food  [ ] Holding your baby  [ ] Burping
[ ] Knowing when your baby is hungry or full  [ ] Help with breastfeeding  [ ] Formula feeding

Safety
[ ] Car safety seats  [ ] How to check hot water temperature  [ ] Choking
[ ] Preventing falls from rolling over  [ ] Bathtub safety  [ ] Cigarette smoke

Questions About Your Baby

Have any of your baby’s relatives developed new medical problems since your last visit? If yes, please describe:
[ ] Yes  [ ] No  [ ] Unsure

Vision
Do you have concerns about how your child sees?
[ ] Yes  [ ] No  [ ] Unsure

Does your child have any special health care needs?
[ ] No  [ ] Yes, describe:

Other than your baby’s birth, have there been any major changes in your family lately?
[ ] Move  [ ] Job change  [ ] Separation  [ ] Divorce  [ ] Death in the family  [ ] Any other changes?

Over the past 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things  [ ] Not at all  [ ] Several days  [ ] More than half the days  [ ] Nearly every day
2. Feeling down, depressed, or hopeless  [ ] Not at all  [ ] Several days  [ ] More than half the days  [ ] Nearly every day

Adapted with permission from “Efficient Identification of Adults with Depression and Dementia” September 15, 2004, American Family Physician. Copyright © 2004 American Academy of Family Physicians. All Rights Reserved.

Does your child live with anyone who uses tobacco or spend time in any place where people smoke?
[ ] No  [ ] Yes

Your Growing and Developing Baby

Do you have specific concerns about your baby’s development, learning, or behavior?
[ ] No  [ ] Yes, describe:

Check off each of the tasks that your baby is able to do.
[ ] Smiles  [ ] Comforts self (brings hands to mouth)
[ ] Coos  [ ] Has different types of cries to show hunger or when tired
[ ] Looks at you  [ ] Fusses if bored
[ ] Moves both arms and legs together  [ ] Folds head up when held
[ ] Pushes head up when lying on tummy

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Name

Physical Examination

Previsit Questionnaire reviewed

Newborn screening □ NL

Hearing screening □ NL

Concerns and questions □ None □ Addressed (see other side)

Follow-up on previous concerns □ None □ Addressed (see other side)

Interval history □ None □ Addressed (see other side)

Medication Record reviewed and updated

Social/Family History

See Initial History Questionnaire. □ No interval change

Family situation

Parental adjustment to child

Maternal depression □ Y □ N

Parents working outside home: □ Mother □ Father

Child care: □ Yes □ No □ Type

Changes since last visit

Review of Systems

See Initial History Questionnaire and Problem List.

□ No interval change

Changes since last visit

Nutrition:

□ Breast milk

Minutes per feeding _______

Hours between feeding ______ Feeding per 24 hours ______

Problems with breastfeeding □ Formula

Ounces per feeding ______

Source of water ______ Vitamins/Fluoride ______

Elimination: □ NL

Sleep:

□ NL

Behavior:

□ NL

Development (if not reviewed in Previsit Questionnaire)

□ PHYSICAL DEVELOPMENT

□ COGNITIVE

□ SOCIAL-EMOTIONAL

△ Lifts head and begins to push up when prone

△ Holds head erect for short periods (when held upright)

△ Diminished newborn reflexes

△ Symmetrical movement

△ Indicates boredom when no activity change

△ Smiles

△ Looks at parent

△ Communicative

△ Coos

△ Different cries for different needs

Additional Systems

□ GENERAL APPEARANCE

□ EARS/HEARS TO HEAR

□ NOSE

□ MOUTH AND THROAT

□ LUNGS

□ ABDOMEN

□ GENITALIA

□ Male/Tests down

□ Female

□ EXTRUMITIES

□ BACK

Abnormal findings and comments

Assessment

□ Well child

Anticipatory Guidance

Discussed and/or handout given

□ PARENTAL (MATERNAL)

WELL-BEING

□ INFANT-FAMILY SYNCHRONY

NUTRITIONAL ADEQUACY

Breastfeeding

(400 IU vitamin D supplement)

Infant fortified formula

Solid foods (wait until 4-6 months)

Elimination

No bottle in bed

□ INFANT BEHAVIOR

□ SAFETY

△ Calming skills

△ Physical

△ Tummy time

△ Daily routines

△ Sleep

△ Back to sleep

△ Car safety seat

△ Falls

△ Burns

△ Hot liquids

△ Water heater

△ Smoke-free environment

△ Drowning

△ Choking

△ Small objects

△ Plastic bags

Plan

Immunizations (See Vaccine Administration Record.)
Laboratory/Screening results

□ Refer to

Follow-up/Next visit

□ See other side

Print Name ____________________________

Signature ____________________________

PROVIDER 1

PROVIDER 2

WELL CHILD/2 months

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How You Are Feeling
• Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
• Find ways to spend time alone with your partner.
• Keep in touch with family and friends.
• Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby’s hand.
• Spend special time with each child reading, talking, or doing things together.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your seat belt and never drive after using alcohol or drugs.
• Keep your car and home smoke-free.
• Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
• Your baby can roll over, so keep a hand on your baby when dressing or changing him.
• Set the water heater so the temperature at the faucet is at or below 120°F.
• Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Baby and Family
• Start planning for when you may go back to work or school.
• Find clean, safe, and loving child care for your baby.
• Ask us for help to find things your family needs, including child care.
• Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

Feeding Your Baby
• Feed only breast milk or iron-fortified formula in the first 4–6 months.
• Avoid feeding your baby solid foods, juice, and water until about 6 months.
• Feed your baby when your baby is hungry.

If Breastfeeding
• Feed your baby 8 or more times each day.
• Plan for pumping and storing breast milk. Let us know if you need help.

If Formula Feeding
• Feed your baby 6–8 times each day.
• Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
• Hold your baby so you can look at each other.
• Do not prop the bottle.

What to Expect at Your Baby’s 4 Month Visit
We will talk about
• Your baby and family
• Feeding your baby
• Sleep and crib safety
• Calming your baby
• Playtime with your baby
• Caring for your baby and yourself
• Keeping your home safe for your baby
• Healthy teeth

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org