

**PARKSIDE PEDIATRICS, S.C.**  
FRANK ROEMISCH, M.D.  
YELENA KOLEZEVA, M.D.

Parkside Medical Center  
at Lutheran General Hospital  
1875 Dempster Street, Suite 650  
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5  
Thurs. 12-8  
Fri. and Sat. 9-1  
Phone: 847/823-8000

Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Head \_\_\_\_\_

**THREE MONTH OLD INSTRUCTIONS**

**FEEDING:**

A typical child is feeding 4 to 5 times per day. Notify us during office hours if your child is consistently feeding more than 6 times per day or is not consuming between 26 and 32 ounces of formula per day. When formula is used, Enfamil NeuroPro is recommended.

**WATER:**

Extra water is not necessary at this age. If water is used for an occasional small supplement or for formula preparation, the best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

**VITAMINS:**

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron (an over the counter vitamin), should be given at a dose of 1.0 ml (one dropper) per day. Formula only fed children need no additional vitamins.

**SLEEP:**

The average child is sleeping 8 to 9 hours at night and still taking three 2-hour naps during the day.

**DEVELOPMENT:**

Over the next month, there will only be a slight head lag when your child is pulled to a sitting position. While in a sitting position, the head will be held up constantly although it will easily wobble when you sway them. The hands will frequently be brought together for midline play. Your child will play with a rattle placed in their hand for long periods of time, but usually cannot pick up it up if it is dropped. They will become excited at anticipated events such as food preparation and at the sight of the favorite toys. They will begin to laugh aloud and rolling over also begins now. Your child should be spending at least four half-hour sessions per day on their belly while awake to facilitate motor development.

**SAFETY:**

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

If your child is still in a bassinet, they should be transferred to a crib. Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible.

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number should be readily available at all times, including in your cell phone, along with the number for the nearest emergency room and our office.

Maintain working Smoke and Carbon Monoxide Detectors - change the batteries yearly and replace the unit upon expiration.

Make sure all medications and cleaners are LOCKED Up and not just put up high.

Your child's car seat should stay in a rear facing position until at least 2 years of age. The shoulder straps should come out of the slot at or just below the level of your child's shoulders.