

Pediatrician questions (first 6 weeks)

First well-child visits cover a lot. *Bring a list. The questions you forgot to ask in the room are the ones you'll Google at 2 a.m.*

FEEDING AND GROWTH

1. Is the baby's weight gain on track?

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2. Are feeds long / short / frequent enough?

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3. Should I supplement, and if so when?

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4. Reflux / spit-up — what's normal vs. concerning?

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SLEEP AND BEHAVIOR

1. What's normal sleep at this age?

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2. Cluster feeding / fussiness — what's expected?

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3. Tummy time — how much?

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HEALTH BASICS

1. Vaccine schedule — when's the next?

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2. Vitamin D, fluoride, other supplements?

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3. Signs of illness that need a same-day call?

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4. When to use the ER vs. urgent care vs. office?

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FOR ME

1. Postpartum mood — am I where I should be?

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2. Resources for breastfeeding / sleep / general support?

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This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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