

First Year of Life

Your newborn needs to see a pediatrician within **5 days** of life

1 Month

Lifts head while lying on tummy
Startled by noises
Will follow faces with his/her eyes

2 Months

Turns head while lying on tummy
Laughs, smiles, and coos

3 Months

Lifts head and chest while lying on tummy
Holds hands together
Can laugh out loud

4 Months

Will roll over from back to tummy
Should turn head towards noises
Follows activity with eyes

5 Months

Recognizes faces and voices
Can make sounds to get attention

6 Months

Will sit with little support
Can roll from tummy to back
Imitates sounds made by others
First tooth arrives

7 Months

Can move objects from hand to hand
Seeks dropped objects
Smiles at self in mirror
Can feed self crackers or cereal

8 Months

Can stand while holding on, creeps
Understands "no" and "bye"

9 Months

Will pull up to stand, crawls
Can hold objects with thumb and finger
Makes sounds like "ba-ba" and "ga-ga"
Holds and drinks from a cup

10 Months

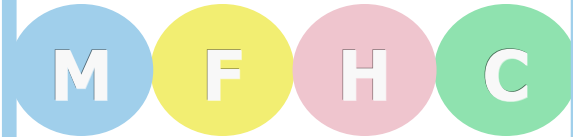
Can hit two objects together
Understands simple words

11 Months

Walks holding on, can stand alone briefly
Repeats sounds
Stops if told "no"

12-15 Months

Will stand alone, walks
Calls parent "mama" or "dada"
Can say some words
Follows simple directions
Can show needs by pointing
Looks when name is called



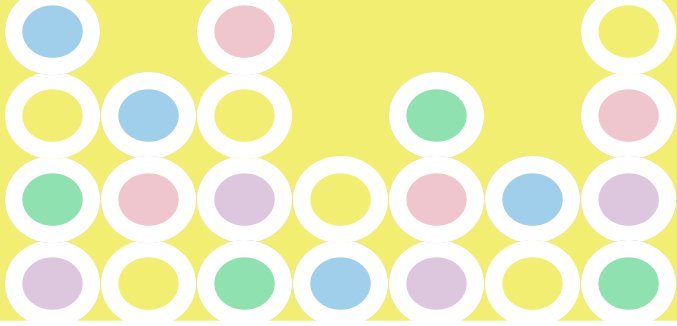
Monmouth Family Health Center



We are **one family**
to take care of **your family**

Pediatric Services

at 270 Broadway
Long Branch, NJ



A healthy child

is a happy child



We specialize in providing high quality health care to infants, children, and teenagers

Pediatric Services

- ◆ Newborn, Pre-teen & Adolescent Care
- ◆ Child Development
- ◆ Growth & Nutrition
- ◆ Immunizations
- ◆ Physicals
- ◆ Illness Treatment



Documentation

WHEN PATIENTS COME TO THE CENTER FOR NEWBORN VISITS PARENTS MUST BRING THE FOLLOWING DOCUMENTS:

- ◆ Parent Photo ID or Official Identification
- ◆ Child Crib Card or Baby Discharge Papers
- ◆ Birth Certificate & Social Security Card when received
- ◆ Parent and child's Insurance Card

TO ENSURE THAT YOUR CHILDREN ARE GROWING AND GETTING NECESSARY IMMUNIZATION SHOTS, THEY NEED REGULAR HEALTH VISITS.

When To Call For Help For Your Baby

CALL YOUR BABY'S DOCTOR OR NURSE IF YOU SEE ANY OF THESE CHANGES:

- ◆ Fever, temperature above 100°F
- ◆ Vomits, not just spitting up
- ◆ Will not eat
- ◆ Sleeps more than usual
- ◆ Cries all the time
- ◆ Watery stools 3 times daily
- ◆ Feels stiff or is floppy
- ◆ Doesn't seem like himself
- ◆ Has trouble breathing. *If your baby is having serious difficulty breathing, call 911.*



Mission Statement

The mission of the Monmouth Family Health Center, Inc. is to provide high quality, comprehensive, affordable, culturally sensitive and linguistically appropriate primary and preventative health care services to the residents of Long Branch and surrounding communities.



Operating Hours

Call for an Appointment
Appointments: 732-413-2030
Phone: 732-923-7100
Extended Hours Available

270 Broadway
Long Branch, New Jersey
07740

MFHC OFFERS SAME DAY APPOINTMENTS FOR CHILDREN WHO ARE SICK