

One-Month Visit



Congratulations on making it through your baby's first month. The following are some safety tips and guidelines to help you along.

Feeding and Nutrition

- One-month-old infants usually feed every 2-4 hours.
- Only give your baby breast milk or formula. Babies don't need plain water.
- Mix formula with faucet water – it has fluoride to keep teeth healthy.
- Do not use a microwave to heat formula or breast milk - it can heat milk unevenly and cause mouth burns.
- Never give your baby honey.
- If your baby is breastfed exclusively or taking less than 32 oz of formula/day, he should be taking a Vitamin D supplement (400 IU/day).
- A rule of thumb is that in one day, babies often eat about 2 ½ oz of formula per pound of their weight at this age.
- Spitting up is common and is not dangerous if your baby is acting well and gaining weight. Burping and keeping your baby upright after feeds helps.

Crying/Colic

- During the first 3 months, crying often follows a pattern. Crying often increases at 2-3 weeks of age, peaks at 6-8 weeks of age, and gradually decreases by 12-16 weeks of age.
- Colic is when an infant is crying or fussy for several hours a day without an apparent reason. All babies pass a lot of gas. Drawing up the knees with crying occurs naturally in babies and is not necessarily a sign of pain. Holding, rocking, walking, or taking your infant for a ride in the car may be comforting. Sometimes soothing music or white noise (ex. vacuum cleaner) is helpful.
- Colic can be very hard for parents. Accept help from friends and family and take turns caring for the baby. Hang in there! Colic usually gets better by 3 months. Call your doctor with questions or concerns.

Bathing

- The umbilical cord should fall off by one month. After that, you can start bathing your baby in a tub.
- Never leave your baby alone in the tub.

Sleeping

- At this age, babies will start to sleep between feedings at night. Most babies who are gaining weight do not need to be woken to feed at night. Ask your doctor if you are unsure.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), always place your baby on the back (*not* side or stomach) for sleep in his own bed. Co-sleeping with parents is not recommended. Research now shows an association between pacifier use at naptime and bedtime and lower risk of SIDS. For breastfed infants at this age, pacifiers are fine to use.

Safety Tips

1. Your baby's car seat should remain in the back seat facing the rear window.
2. *Never* leave your baby unattended on the bed, couch or changing table.
3. Turn your hot water heater down so the hottest water from the faucet is 120 degrees.
4. Your baby should not have direct contact with pets without your direct supervision.
5. Guns should always be locked away with ammunition kept separately.
6. It is best not to smoke. If there are smokers in your house, they should smoke outdoors and away from the infant.
7. Make sure your smoke detectors are working and properly installed. Change batteries yearly.

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Pooping

- Infants may have 0-10 poops a day. Green, yellow, and brown are all normal colors. Call your doctor if you see blood or if the poop is white.
- Normal breastfed infants poop as often as every feed to as little as every 7 days.
- It is normal for infants to strain and/or cry before successfully pooping as long as the poop comes out soft.
- As your infant gets older, he may start pooping less often. If you have concerns about constipation, ask your doctor.

Development

- Babies vary greatly in development. At this age, many babies will:
 - 1) Respond to sounds by startling, blinking, crying, or changing breathing.
 - 2) Respond to parent's face and voice and focus on objects 8-12 inches away.
 - 3) Lift their head momentarily when placed on the belly.
- Try these tips to help with development:
 - 1) Talk out loud to your baby when you are together.
 - 2) When your baby makes a sound, smile and repeat it back to her. Show your baby black-and-white or high-contrast patterns.
 - 3) While awake, place your baby on his stomach with legs tucked under the hips. This will teach your baby to lift his head up and turn his head side-to-side. At first, he will only like it for very short periods of time but he will grow to like it as he gets stronger.
 - 4) Talk with your doctor if you have any concerns about your baby's development.

Immunizations

(*vaccine schedule may vary slightly by practice)



Today:

-Hepatitis B (practices vary)

Next Visit at 2 months-old:

-DtaP / Polio / HIB (combined)
-Pneumococcal
-Rotavirus (oral)
-Hepatitis B (practices vary)

Other Helpful Hints

- Keep a rectal thermometer and infant Acetaminophen (Tylenol) at home. At this age, do not give Tylenol without consulting your doctor first.
- **At this age, all infants with a rectal temperature above 100.4 F should be evaluated right away by a doctor.**
- Babies often get colds at this age. There are no medications for congestion that are safe or effective for infants. Congestion can be gently suctioned using a bulb syringe or rinsed with saline drops in the nostrils. Call your pediatrician for fevers, persistent cough, problems breathing, extreme sleepiness or if your baby otherwise appears ill.

Websites

- AAP Healthy Children | <http://www.healthychildren.org> (Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization> (Research-based information about childhood vaccines)
- Child Safety Seat Inspection Station Locator (by zip code) <http://www.nhtsa.gov/cps/cpsfitting/index.cfm>

Important Numbers

- Poison Control (MA)
1-800-682-9211
- Parental Stress Line
1-800-632-8188
- HAVEN Domestic Violence Help Line
1-617-724-0054
- Smoking Quit Line (free):
1-800-TRY TO STOP
- Your Doctor's Office

Your child's next routine visit is recommended at 2 months-old.