

1 Month Visit



NUTRITION

Continue feeding your baby breast milk or formula. Breast feed every 2-3 hours during the day and if he/she is gaining well today, allow him/her to stretch longer at night (let the baby wake you up). Bottle fed babies typically drink about 3-4 oz. every 3-4 hours (16-24 oz/24 hours). Juice and water are not needed. Babies at this age are often getting into a somewhat predictable eat/sleep schedule. If your baby is drinking primarily breast milk you should continue daily vitamin D supplement: either Poly-vi-sol® or D-vi-sol® one dropper full (400IU) daily. It takes 32 oz. of formula to reach 400IU, so most formula fed babies need it as well.

GENERAL

FEVERS: Rectal temperatures at or above 100.4 F are considered serious until two months of age. If the baby has a fever, you should call us immediately or take him/her to the nearest Children's Hospital. In the area, we recommend Wolfson Children's Hospital. Do not give any medication. You only need to take your child's temperature if you think there is a fever.

SLEEP: Babies should be put to sleep on their backs to minimize the risk of SIDS (Sudden Infant Death Syndrome or "crib death"). Pacifier use has been shown to lower that risk. Other SIDS risk factors include smoking in the home, co-sleeping, and crib accessories (extra bedding, positioners). It is acceptable to swaddle at this age. Encourage your baby to fall asleep from the awake or drowsy state for better long term sleeping habits.

SPITTING UP: Babies at this age often have small amounts of spit up with many feeds. This is normal. If the baby is particularly fussy and is breastfed, look for clues as to what mom has ingested the meal before the fussiness. Common culprits are dairy (lactose), spicy or acidic foods, and strong gassy veggies (kale, broccoli, etc). Formula fed babies with fussiness can try a lactose-reduced formula. Elevating the head for 30 minutes after a feed and ensuring good burps are other ways to help. If the baby develops persistent projectile vomiting, call our office.

STOOLS: As the intestines learn to resorb water more effectively, stools often slow down in frequency and thicken in consistency. This is expected and not of concern. Hard stools or stools mixed with blood are a concern.

CRYING/COLIC: Crying increases over the first 6-8 weeks. It often indicates hunger or the need for a diaper change, and often babies cry for no apparent reason. Try swaddling, rocking, cuddling, and using "white noise" to soothe the baby.

Safety

- To prevent illness, avoid crowded places and wash your hands frequently.
- Encourage caregivers to get Tdap & Flu vaccines.
- Never leave the baby unattended in the car, in bath, or on elevated surfaces.
- Please do not smoke, as parental smoking is associated with ear infections, asthma, and SIDS!
- The car seat should be rear-facing, preferably in the center of the rear seat. The car seat should never be placed in the front seat.
- Install smoke alarms in your home.
- Poison Control Center: 1-800-222-1222
- To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-TheInjury Prevention Program.

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

DEVELOPMENT

At this age you may notice that your baby:

- Raises his/her head when on their stomach. Keep doing tummy time multiple times a day for 5 -15 minutes.
- Focuses on your face. Try visually stimulating him/her to encourage tracking.
- Reflexively grabs and startles easily.
- Moves his/her arms and legs frequently.
- Starts to smile, at least non-socially.

FOCUS ON FAMILY

- Postpartum depression is common. If you find your self feeling sad, anxious, or depressed, seek help and talk to your doctor.
- Older siblings may feel jealous. Spending individual time with the older sibling can help.

WHEN TO CALL OFFICE

Call the office if you have questions or if your baby:

- Has a rectal temperature of 100.4 F or higher
- Is crying excessively or is inconsolable
- Has difficulty breathing
- Is lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly

Next visit at 2 months