



Important Points for the 1 Month Visit

Nutrition:

Breast milk is the only food needed for the first several months of life. When breast-feeding is unsuccessful, inappropriate or stopped early, infant formula provides the best alternative during the first year. Cow's milk is contraindicated as it may lead to intestinal irritation and allergic reactions. Whether you are breast or bottle-feeding, feed your infant whenever he or she cries or seems hungry (demand feeding), which is now usually every 2-2 ½ hours or more. No more than 5 hours should pass between feedings during the first 4 weeks. You will know if your infant is receiving enough milk if he or she has 4-6 wet diapers per day and seems satisfied after a meal. If you are formula feeding, your infant will take approximately 3 to 5 ounces per feeding 5 to 8 times per day. Burp your baby at least twice during a feeding session. Babies will typically have a "growth spurt" at 3-6 weeks. Your baby may stool less at 1 month of age. It is OK for babies to have 3-4 days without stooling, as long as the stool is soft. Breastfed babies cannot become constipated.

Development:

Raises head slightly from a prone position, blinks in reaction to bright light, focuses and follows with eyes, responds to sound either by quieting or turning toward the source, can see faces at 8-10 inches but visual acuity is limited, baby can recognize caregiver's voices, cycles through 6 states of consciousness several times per day: deep sleep-active sleep-drowsiness-quiet alert-active alert and crying.

Touchpoints:

- **Sleep:** Always remember to put your baby to sleep ON HIS OR HER BACK while he/she is drowsy but still awake. This allows your baby to learn to put himself to sleep instead of depending on *you* to do it for him.
- **Fussy period:** Between 3 and 12 weeks of age, your baby may experience a regular fussy period usually between 6 p.m. and 12 p.m. This phenomenon occurs in 85% of babies and is attributed to an immature nervous system that becomes overloaded by the end of the day. The baby will "blow off steam" in the form of an active fussy period which may last up to **three hours**. Pathological colic is crying for longer than 3 hours and is an indication to call us.

Safety:

- Recognize early signs of infection in the infant: poor feeding, poor color, listlessness, weak cry, rectal temp of above 100.4 degrees F, breathing problems, unusual fussiness, vomiting or diarrhea, sleeping more than usual. If your baby is less than 3 months old, please tell us about ANY fever. After 3 months of age, if your child's temperature is over 102.5, she should be seen within 24 hours. Use a rear facing car seat and never place your baby in the front passenger seat
- Use a crib with slats not more than 2 and 3/8 inches apart. Your baby's mattress should be firm with no pillows, stuffed animals, large blankets, or bumpers.
- Do not leave your baby alone in a tub of water, or on high places such as a changing table, bed or sofa. Never eat, drink or carry anything hot near or while you are holding the baby. Turn your water heater down to 120 degrees F.
- Install smoke and carbon monoxide detectors and check that they work properly every month. Keep the baby's environment free of smoke: no smoking in the home or car.
- The American Academy of Pediatrics recommends the use of a pacifier at nap and bedtime until 1 year of age.

What to expect during this visit:

- Your baby will receive her second Hepatitis B vaccination today.
- We will discuss your baby's growth and development and any other concerns that you may have. Please prepare and bring in questions for your next visit at 2 months. At 2 months, your baby will receive his first set of immunizations; please bring his immunization record as well as infant's Tylenol to the next visit.