

Date: _____

Height: _____ %

Weight: _____ %

Head: _____ %

One Month Visit
West End Pediatrics
westendpediatrics.com
804-740-6171

Nutrition

If you are breastfeeding, your baby may be able to space feedings longer at night. Continue to feed your baby every 3 hours during the day when awake. Wake your baby and feed at least every 4 hours during the day.

If you are bottle feeding your infant, continue to feed only formula. Your baby may be able to take more at feedings. If your infant drinks more per feeding, the number of feedings per day should decrease. Your baby should not take more than 32 ounces in a 24 hour period. Please continue to hold your baby in a semi-sitting position to feed her.

We recommend that your baby be fed either breast milk or formula. Please do not feed your infant cereal or other foods until after 4 months. Many infants do not need supplemental strained foods until after six months. There are individual considerations that we will discuss at the 4 month visit. Do not give your baby honey during the first year. It is a source of spores that can cause botulism in infancy. To avoid developing a habit that will harm your baby's teeth, do not put her to bed with a bottle and do not prop the bottle. It is best for you to continue to hold your baby during feedings until they are using a sipper cup.

Safety

- Infants and children should always ride in a car seat secured in the back seat. Infants should be rear facing until age 2. If your car has side airbags check with the vehicle manufacturer if the side airbags should be deactivated. If you have questions, call the Auto Safety Hotline at 1-888-327-4236. Once your infant is 26-28 inches long, he should ride in a larger convertible car seat that can face both ways. If you have questions about car seats, you can find additional information at the American Academy of Pediatrics website (www.aap.org). Another resource is the center for Injury and violence Prevention at 1-800-732-8333 or www.VAHEALTH.org/civp
- Infants should not be exposed to direct sunlight.
- Do not use toys with loops or string cords.
- Keep your baby's environment free of smoke. Make your home and car non-smoking zones.
- Never shake your baby. Be aware of the damage shaking can cause.
- Never leave your baby alone or with a young sibling or a pet
- Set the hot water thermostat lower than 120 degrees. Test the water temperature with your wrists to make sure it is not hot before bathing your baby. Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on your baby.
- Wash your hands frequently, especially after diaper changes and before feeding your baby.
- Install smoke alarms if not already in place. Test your alarms twice a year.
- Do not smoke or drink hot liquids while holding your baby.

Sleeping

It is safest for your baby to sleep in a bassinet or crib with a firm mattress. Be sure that your baby's crib is safe. The slats should be no more than 2 3/8 inches apart. The mattress should be firm and fit snugly into the crib.

Keep the sides of the crib raised. Back sleeping is preferred and reduces the risk of sudden infant death syndrome (SIDS). Side sleeping is not recommended. Please remind relatives and other child care providers to do the same. To reduce the chance of your baby's head becoming flattened by sleeping in one position, please put your baby's head towards opposite ends of the crib or bassinet every other night. Babies tend to look out toward light and sound; your baby will learn to turn his/her neck both ways and their head will not become flattened. Soft bedding covers and soft objects should not be in the crib. Use of pacifiers may also reduce the risk of SIDS.

General

Stooling: Babies' stooling patterns frequently change around one month. Your infant has to learn to coordinate the muscles used in passing a stool. Because of this, infants may grunt and make a face while having a bowel movement. Stools will usually be loose with yellow seeds if breast fed or pasty if formula fed.

Rashes: Babies frequently develop newborn acne located on the face between 1 and 2 months. It will resolve on its own and does not require treatment. Many babies will also develop cradle cap. It may start with flaking, crusty places on the baby's forehead or eyebrows. Gently scrub these areas to remove the scale. Brush your baby's scalp firmly with a stiff brush daily, especially during and after bathing to remove dry patches in the scalp. If this is not working, you can use a dandruff shampoo to help with the dry patches in the scalp. It is not necessary to bathe your infant daily.

Sign of Illness: Young infants are still developing their immune system to fight infections. During the next month, please contact the office if your baby has a rectal temperature of 100.4 or greater. Please do not give your baby any fever reducing medications during the next month. Please call the office if your baby has any change in activity or behavior that makes you uncomfortable. Signs of illness include the following: Purplish spots or rashes, unusual irritability or lethargy, refusal to eat several feedings, vomiting, low temperature, very long pauses in breathing (more than 20 seconds), difficult or fast breathing (Many babies have normal periodic breathing when they alternate breathing faster with some slower breathing. Babies with periodic breathing are well and feed well)

Nasal Congestion: Newborn and young infants may sound congested due to dried congestion or mucous in their nose. If the congestion seems to interfere with their feeding or sleep, you can use normal saline nose drops and the bulb syringe to remove the mucous. If your infant develops nasal congestion due to an upper respiratory infection or cold, you can use the saline drops and bulb syringe to clear out that congestion as well. If the humidity in the air is low, running a cool mist vaporizer in your baby's room may also help.

Learning about your baby: Your baby's temperament will affect how she/he relates to their environment. Always try to console your baby but there may times that your baby will cry despite everything you try. Many babies have a daily fussy period that lasts several hours in the late afternoon or evening. Babies usually like swaddling, gentle swinging or rhythmic motion, a gentle quiet "shushing", and sucking on a pacifier during their fussy times. Nurture your baby by holding, cuddling, and rocking him/her, and by talking and singing to your baby. Please limit the amount of time your baby spends in infant seats. Encourage as much "tummy time" as possible.

Well Visits and Immunizations: Your baby's next visit will be at 2 months of age. At that visit your infant will receive immunizations or vaccinations to protect against serious illnesses. Excellent resources about the vaccinations are www.cdc.gov and www.chop.vaccine.edu.

References: [Caring for Your Baby and Young Child Birth to Age 5.](#)