

PSBH North

One Month Exam

Development

- Provide lots of opportunity for tummy time and physical activity that builds strength of abdominal muscles and upper body
- Be very attentive to positioning your baby's head so he doesn't develop flattening. Alternate positions while he is sleeping and watch for head tilt or preferential turning to one side.
- During the first month your baby will begin to smile responsively with you and may even begin to coo.
- Visual tracking is improving. Items with contrast such as ceiling fans and the black and white infant stimulation cards will begin to catch your baby's attention.
- Take advantage of the increasing awake periods during the day to really interact with your baby.
- Talk to your baby...they are laying the foundation for language development by listening to the different sounds of your voice and beginning to imitate you. Your baby should be responding to loud noises and your voice.
- Although your baby is not likely sleeping through the night yet, you should begin to see progressively longer (4-5 hour) stretches between nighttime feedings. It is never too early to begin to establish good sleep routines. Nighttime feedings should be strictly "business". Continue "Back to Sleep" positioning to reduce SIDS risk. Do not keep extra blankets, pillows or stuffed toys in the crib or bassinet. Do not allow your baby to sleep in your bed while you are asleep.

Feeding

- Most babies take 2-4 oz of formula or breast milk every 2-4 hours at this age.
- Spitting up may persist and is considered normal as long as your baby is growing properly and doesn't have a lot of painful crying associated with or immediately following feedings.
- Vitamin drops (Di-Vi-Sol) daily. Iron drops for breastfed babies as well.
- Burps and hiccoughs and sneezing are common.

Basic Care

- Contact our office immediately if your baby has a temperature of > 100 degrees axillary
- Contact our office if your baby seems excessively irritable, is having difficulty breathing or otherwise seems different than usual.
- Nasal stuffiness is common; keep nasal saline drops near and use as needed.

Safety

- Do not leave unattended on bed or anywhere else baby could fall.
- Baby should be in a rear facing car seat at all times.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.
- Watch baby closely near pets... increased time on the floor and heightened interest in each other's toys increases the risk of injury.
- Avoid direct sunlight and insect bites. Apply sunscreen SPF 50 as needed, avoid hats. Hats advised. Apply insect repellent when appropriate. Sunscreen recommendations: Earth's Best, BullFrog, California Baby, Blue Lizard.

Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.
Next visit is at 2 months.