

ONE MONTH OLD

DEVELOPMENT

Your baby is becoming more aware of his surroundings and while he is still changing and growing every day, he often will begin to have certain patterns of sleeping and waking. These patterns, including some fussy or colicky periods, are part of normal, healthy, neurologic development. Your baby is continuously learning as he can see, hear, smell, taste and touch

NUTRITION

Breast milk and infant formulas are the only recommended sources of calories for the first four to six months. Mothers who breastfeed should continue taking prenatal vitamins. Bottle-fed babies usually take 24-28 ounces every 24 hours at one month of age. Babies who wet their diapers every 4-6 hours are very likely receiving adequate amounts of fluid.

SAFETY

We are concerned about your child's safety just as you are. Always use the car seat every time your child travels in a vehicle. Your baby should remain rear-facing in their car seat until he is 20 pounds and 12 months old. The back seat is preferred for all children under age 12 years. Do not secure a pacifier around a baby's neck with a string. Always be attentive to your baby to avoid falls and injuries. Avoid cooking or drinking hot liquids with your baby in your arms. Passive smoke is dangerous to the baby's health now and as they grow. Never leave your baby unsupervised while bathing him.

GENERAL WELL-BEING

Rashes in the first weeks of life are relatively common. Rashes in a healthy-appearing baby are generally of minimal consequence. If your baby's rash remains more than a few days, or your baby appears sick, he should be seen by your pediatric health care provider. Colic, inconsolable crying without identifiable cause may develop. A calm environment and other measures, such as the monotonous noise of a vacuum or clothes dryer, may help your baby to relax. If your baby has a fever over 100.3, particularly in the first 8 weeks after birth, he needs to be examined by a pediatric healthcare provider.

Congestion (stuffy nose) is a common problem for many infants. Often this is alleviated by using a cool mist humidifier in the child's room. Saline nose drops can be purchased over the counter to help this situation as well.

NEXT APPOINTMENT

Schedule an appointment for your child's 2 month physical. Your baby will be due additional immunizations at that visit.