

1 month Visit

Normal Development Your baby may...

Social:

- Smile socially at familiar faces or voices
- Explore surroundings with eyes—he can see about 8-10 inches in front of him)
- Watch you intently as you speak to him

Language/Communication:

- Cry when left alone, usually stopping when picked up
- Cry to express hunger, boredom, or discomfort

Sleep

- At this age your baby sleeps most of the day, about 16 hours per day.
- Babies at this age may stay awake for 1 hour or longer, and wake about every 2-3 hours to feed.
- Do not put your baby to sleep on a soft surface, such as a couch or pillow, and avoid co-sleeping to reduce the risk of suffocation.
- Put your baby to sleep on his back or side to reduce the risk of SIDS.

Diet

- Breast milk or formula is your baby's main source of nutrition.
- Usually healthy babies do not require extra water. Breast milk and formula are adequate to meet the baby's fluid needs.
- Juice is not recommended in the first 6 months of life.
- An infant's stomach is still small; therefore, your baby still needs to eat every 2 to 4 hours, about 8 to 12 feedings in 24 hours. They may also feed more frequently when they go through growth spurts.
- It is common for babies to begin to vomit, regurgitate, or arch their back after feeding at this age do to a flabby connection between their esophagus and stomach. To avoid this, burp frequently and leave your baby in an upright position for 15-30 minutes after feeding.
- Vitamin D- Lack of Vitamin D can cause rickets, or brittle bones. All breastfed babies need supplemental Vitamin D. Give 1 cc of Polyvisol or Trivisol every day.
- Fluoride- Usually your child needs no additional fluoride. Your child gets fluoride in tap water. Because the fluoride content of bottled water and well water varies, you should use tap water in mixing your child's formula, and for general drinking and cooking.
- Iron- Usually iron drops are not necessary. Your child gets iron in breast milk and iron-fortified formula. Baby food started around 4-6 months of age is also a good source of iron.

Physical Findings

- Stool patterns begin to change at 1 month to far less frequent number of stools, varying from 2-4 stools per day to 2-4 stools per week. As long as your baby has a stool every 4 days, and has stools that are not pebble like, the stools are most likely normal and safe.
- Cradle Cap is a flaky scalp condition sometimes accompanied by red bumps on the skin. It is common at this age. Try to remove the flaky scalp scales with a comb and use dandruff shampoo—Selsun Blue or Sebulex) twice a week. If red bumps develop on the face and chest, you can apply Hydrocortisone 1% (over-the-counter) daily to the skin rash.

Stimulation

- When your baby is awake, position him so that he can watch what you are doing.

Motor:

- Lift his chin for a few seconds when lying on his tummy.
- Turn in the direction of some sounds
- Grasp small objects like a rattle or finger when placed in his palm.

- Infants enjoy looking at mirrors, pictures of faces, and bright colors.
- Many babies have fussy periods in the late afternoon or evening. These are normal. There are many possible strategies for calming your baby, including just being there with him, talking, patting or stroking, bundling or containing, holding, and rocking. Other calming strategies include caressing or dancing with your infant, walking with him in a carriage or stroller, and going on car rides. Some babies can be very difficult to calm no matter what you do.
- If your baby is being very fussy and you have checked that he is fed, clean, and safe and you are beginning to get upset and frustrated, put the baby in his crib and give yourself a break. Babies cry a lot at this age; it gets better as they get older. Crying won't hurt your baby.

Safety

- A rear-facing car seat that is properly secured in the back seat should always be used to transport your baby in all vehicles, including taxis and cars owned by friends or other family members.
- Never place your baby's car seat in the front seat of a vehicle with a passenger air bag because air bags deploy with great force against a car seat and cause serious injury and death.
- Never leave your baby on a surface where he can roll off. Even at this age, he may begin to roll or wiggle off a table.
- Avoid holding your baby when you are cooking, drinking hot liquids, or smoking.
- A baby should not be left alone for even a second in a tub of water, even if using a bath ring or seat.
- Install smoke alarms on every floor, and change the batteries every 6 months.

Health Maintenance

- Fever- Call the office if your baby has a rectal temperature over 100.4 in the first 3 months of life. (*Exception in the 48 hours after vaccines) In the first 3 months, even this low-grade fever is considered an emergency.
- Your baby's next visit is the 2 month check up.