

# One Month Visit



Congratulations on making it through your baby's first month. The following are some safety tips and guidelines to help you along.

## Feeding and Nutrition

- One-month-old infants usually feed every 2-3 hours.
- Only give your baby breast milk or formula. Your baby does not need plain water. Never give your baby honey.
- Mix formula with faucet water. It has fluoride to help keep teeth healthy.
- Always hold the bottle for your baby (don't prop it up). End the feeding when your baby closes his mouth or turns away from the bottle.
- If your baby is breastfeeding, now is a good time to start giving some pumped milk in a bottle at least once a day.
- If your baby is breastfed or gets fewer than 32 ounces of formula per day, give him vitamin D liquid (400 IU) once a day.

## Crying/Colic

- Crying and fussiness often increases at 2-3 weeks of age, peaks at 6-8 weeks of age, and slowly goes down by 12-16 weeks of age.
- If your baby has colic (cries or fusses for many hours without an obvious reason), hold, rock or take your baby for a ride in the car. You can also play calming music or white noise (like a vacuum, stove vent or fan).
- Most babies pass a lot of gas. If your baby seems uncomfortable, gas drops (ex: simethicone or gripe water) are safe to try, but do not always work.
- **Never shake your baby.** Colic can be very hard for parents. Accept help and take turns caring for your baby. If you feel overwhelmed, call your doctor's office for help.

## Sleeping

- Your baby might start sleeping longer at night. If he is gaining weight, do not wake him up to feed in the middle of the night. Ask your doctor if you are unsure.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), follow these safety recommendations:
  - **Back is best.** Always place your baby on his back for sleep in a crib that meets Consumer Products Safety Commission (CPSC) standards. ([www.cpsc.gov](http://www.cpsc.gov))
  - **Bed sharing is not recommended.** There is not enough current research on bedside or in-bed sleepers to know if they are safe.
  - **The mattress should be firm (doesn't bend when the baby is lying on it).** Never place your baby on a couch for sleep.
  - **Keep the crib as empty as possible.** Do not use crib bumper pads, blankets, pillows or soft toys in the crib.
  - **Swaddling is fine at this age.** Make sure knees can bend and that the blanket is not too tight over the chest. Wearable blankets are fine to use.
  - **Try giving your baby a pacifier for sleeping.** It is okay if he will not take it.

## Safety Tips

### Do

- Secure your baby's car seat in the back seat facing the back window.
- Keep your home water heater set lower than 120°F/49°C.
- Check your smoke and carbon monoxide detectors. Change the batteries once a year.
- Learn infant CPR. Check online for area or web classes.

### Do Not

- Do not leave your baby alone in bathwater, in the car, on the bed, couch or changing table.
- Do not drink hot liquids while holding your baby.
- Do not let anyone smoke around your baby. Keep your car and home smoke-free.

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### Development

- Every baby develops differently. At this age, your baby might
  - Respond to sounds by startling, blinking, crying or changing breathing
  - Respond to your face and voice
  - Focus on objects 8-12 inches away
  - Lift her head for a moment when placed on her belly.
- Try these tips to help with your baby's development:
  - Talk out loud to your baby when you are together.
  - When your baby makes a sound, smile and repeat it back to her.
  - Show your baby black-and-white or high-contrast patterns.
  - Practice tummy time! While awake, place your baby on her stomach. Talk and make eye contact with her. This will teach her to lift and turn her head.

### Other Helpful Hints

- Use a rectal thermometer if your baby looks sick or feels warm. **Call your doctor right away if your baby has a temperature of 100.4°F/38°C or higher.** At this age, use acetaminophen (Tylenol®) only after your baby gets his vaccines. Otherwise, talk to your doctor first. Baby ibuprofen (Motrin®) is not safe until after 6 months.
- Babies often get colds at this age. There are no cold medications for stuffy nose that are safe or effective for babies. Rinse your baby's nose with saline (sodium chloride [0.9%] drops).
- Your baby might start to poop less often than before. He might strain or cry before pooping. This is okay as long as the poop comes out soft. It is not constipation.
- Washing your hands with soap and water is the most effective thing you can do to prevent the spread of colds and other infections.

### Websites

- AAP Healthy Children | <http://www.healthychildren.org>  
(Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization>  
(Research-based information about childhood vaccines)
- Talk, Read and Play | <http://www.talkreadplay.org>  
(Advice to support families with children ages birth to 5.)

### Vaccines

(\*vaccine schedule may vary slightly by practice)

Today:  
- None



Next Visit at 2 months old:

- DtaP / Hep B / Polio (often combined)
- HIB
- Pneumococcal
- Rotavirus (oral)

### Important Numbers

- Poison Control (MA)  
1-800-682-9211
- Parental Stress Line  
1-800-632-8188
- Mass General Domestic Violence Help Line  
(24 hours)  
1-617-724-0054
- Smoking Quit Line (free):  
1-800-TRY TO STOP
- Your Doctor's Office  
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Your child's next routine visit is recommended at 2 months -old.