



1 MONTH VISIT

Name _____

Weight _____ Length _____

% _____ % _____

Today's Date _____

Head Circumference _____

% _____

FEEDING:

- If breast-feeding, continue to feed on demand. You may want to offer an occasional bottle of pumped breast milk or formula so others can be part of feeding and to give yourself an occasional break. Eat a well-balanced diet and drink plenty of fluids throughout the day.
- If formula feeding, continue to feed on demand. Feed until your baby is satisfied; he or she does not need to finish a full bottle with each feed.
- If your baby is primarily breast-fed, start giving a Vitamin D supplement (such as Tri-Vi-Sol, 1 dropper daily), to ensure adequate Vitamin D intake.
- Your baby does not need any solid foods until at least 4-6 months old. Introducing solids earlier may lead to allergies.
- Your baby does not need extra water until he or she is at least 4 months old. Your baby is getting all the water he or she needs from the breast milk or formula.

ELIMINATION:

- Your baby should urinate at least 4-6 times daily.

- There is a wide variety of normal stooling patterns, from several times a day to every few days.
- If your baby is a boy, he should have a straight and forceful urine stream.

SLEEP:

- Expect your baby to continue to awaken at least every 3-4 hours to feed.
- Try to nap when your baby is napping to give yourself adequate rest.
- Keep your baby sleeping on his or her back.

BEHAVIOR AND DEVELOPMENT:

- Your baby will start fixing and tracking objects and will likely enjoy a bright colored mobile.
- Encourage language development by talking or singing to your baby. In the next month your baby will become more sociable, cooing and smiling back at you.
- When your baby is awake and directly observed, allow him or her to have some "tummy-time" to encourage motor development.

- Crying in the late afternoon and evening is common and may increase in the next month. If you have concerns your baby is colicky, discuss this further with your health care provider.

SAFETY:

- Ensure a safe sleeping environment: your baby should be placed on a firm surface, on his or her back, with no soft, fluffy objects in the crib.
- Always use a rear-facing car-seat installed correctly in the back seat for travel.
- Set the hot water heater temperature to a maximum of 120 degrees to prevent scald burns.
- Make sure you have a working smoke detector and carbon monoxide detector in your home.
- Never shake your baby; it can cause serious brain injury.
- Keep your baby's environment tobacco-free.

FURTHER READING:

Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
The Nursing Mother's Companion (Huggins)
What to Expect The First Year (Eisenberg et al.)
www.healthychildren.org

TODAY'S IMMUNIZATIONS:

- Hepatitis B #2
- Due to the recent rise of whooping cough (pertussis), we advise parents and primary caregivers to ask their physicians about getting a pertussis booster vaccine. Your infant will start their series of pertussis vaccinations at 2 months old.

WHAT'S NEXT?

- Next Check-Up is at 2 months
- Your baby will receive a physical exam and the Pentacel (DaPT,IPV,HiB), Prevnar and RotaTeq vaccines.

SPECIAL INSTRUCTIONS:
