

First Month Visit

Date:

NUTRITION:

Babies at this age get all their nutrition from breast milk or formula. Juice and water are not needed and cereal should not be added to the bottle. Solids do not need to be added to the diet until after the four month visit. Feed every two to three hours during the day. Your baby can begin to get into a flexible routine, having some wake/play times after feeds and before naps during the day. The baby may also begin to extend sleep times between feeds during the night. Vitamin D supplementation for the baby should continue.

SAFETY:

Babies should be put to sleep on their back. Never leave the baby unattended in the car, in the bath, or on elevated surfaces. The car seat should be rear facing, preferably in the center of the rear seat. The car seat should never be placed in the front seat. To prevent illnesses, avoid crowded places and wash your hands frequently. The water heater should be set below 120 F to prevent accidental burns.

GENERAL:

Fevers: Temperatures at or above 100.4 F, taken as a rectal temperature, are emergencies until two months of age. If the baby has a fever, you should take them to the nearest Children's Hospital. In town, we recommend Scottish Rite, Egleston, or Hughes Spalding.

Stools: Babies' stools are often runny, yellow or green, and seedy with curds of undigested milk. Babies often strain, grunt, draw their legs up and pass gas when passing stools. Constipation is rare at this age. As long as the stools are soft, the baby is not constipated.

Sleeping: Always put the baby to sleep on their back to reduce the risk of sudden infant death syndrome (SIDS). Babies should sleep on their back on a firm mattress with a fitted sheet. There should not be anything else in the crib with the baby (i.e. pillows, bumpers, blankets, toys).

Bathing: After your baby's umbilical cord falls off, you can bathe him or her in a small tub.

Crying/Colic: Crying increases over the first 6-8 weeks. It often indicates hunger or the need for a diaper change. Often babies cry for no reason. Try swaddling, rocking, cuddling, and using "white noise" to soothe the baby. If you are unable to calm your baby, call our office.

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

In the next month babies will typically:

Show better head control

Reflexively hold your finger

Raise their head slightly when on their stomach

Lift their head when lying on tummy

Stare briefly at faces

Develop different cries for pain, hunger and tiredness

Calm when swaddled or rocked

IMMUNIZATIONS:

Hepatitis B

Side effects from the Hepatitis B vaccine are rare. If your baby develops fever or excessive fussiness you should call the office or seek medical attention.

FOCUS ON FAMILY

Try to nap or rest when your baby sleeps.

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

Older siblings may feel jealous. Spending individual time with the older sibling can help.

WHEN TO CALL OFFICE

Call the office if you have questions or the baby :

Has a rectal temperature of 100.4 F or higher

Is crying excessively or is inconsolable

Has difficulty breathing

Is lethargic or is feeding poorly

Is vomiting forcefully and repeatedly

Next visit at 2 months