



PEARLAND PEDIATRICS

& SPORTS MEDICINE

FOR YOUR 1 MONTH OLD

FEEDING

Breastfeed your baby about every 3 hours (8 feedings per day). Feed until your baby seems content. Your baby may “cluster” the feedings in the evening to prepare for longer stretches of nighttime sleep. Continue prenatal vitamins while breastfeeding.

Exclusively breastfed babies need a Vitamin D supplement. You can either 1) Give your infant 400 IU/day of Vitamin D, which is available over the counter at drugstores in many forms or 2) mom can take 6400 IU/day of Vitamin D3.

If you are not breastfeeding, feed your baby 4-5 ounces every 3-4 hours or a total of 26-32 ounces per day.

Review the formula preparation instructions carefully. Do not heat formula in the microwave.

Healthy babies do not need supplemental water. Drinking water could cause seizures.

Do not give honey in the first year.

Do not offer your baby cereal or other solids until at least 4 months of age. Cereal will not help a baby sleep through the night. Additionally, please do not put cereal in your baby's bottles unless instructed by your healthcare provider for medical purposes.

DEVELOPMENT (BIRTH TO 4 WEEKS)

Raises head slightly when lying on tummy – allow for “tummy time” every day while you both are awake. This will prevent your child from developing a flat head.

Blinks in reaction to bright light.

Focuses on your face when held closely.

Responds to sound by startling or quieting.

SLEEP

Always place your baby on his back to sleep on a firm, flat mattress. Avoid blankets and soft toys in the crib.

The average baby sleeps 15 ½ hours per day between 1 and 4 months of age. It is normal for your baby to sleep more on some days and less on other days.

By 4 months of age, most babies have longer stretches of sleep at night and 3 daytime naps.

Some parents are concerned about head flattening. Allowing for tummy time every day will help avoid this.

ELIMINATION

Breastfed babies have yellow stools with a pasty, watery, or curd-like consistency.

Bottle fed babies usually have soft brown, green, or yellow stools.

The frequency varies widely - 1-2 per day to 1-2 per week.

SAFE TOYS

Choose toys that are appropriate for your baby's age.

Check for small or loose parts, like eyes, and ribbons (cut them off). All toy pieces should be no smaller than 1 5/8 inches with no sharp or pointed edges.

Avoid old painted toys that may contain lead.

Do not string any toys across the crib and keep wires from monitors out of reach of crib.

SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat until beyond 2 years of age. Be sure to adjust the shoulder straps as your baby grows.

Always make sure your baby sleeps in a safe place. The crib slats should be less than 2-3/8 inches apart. Bumper pads should not be used.

Take an infant CPR class.

Set your hot water heater to 120°F to prevent burns. Never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

OTHER THINGS TO KEEP IN MIND

Hold, talk, read, and sing to your baby.

Show your baby affection – you cannot spoil a young baby!

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation. Encourage careful hand washing for all contacts.

Shaking or spanking your baby may cause serious injury or death.

Watch your pets carefully around your baby.

Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of SIDS. This is a great time to consider quitting!

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Sunscreen is not recommended at this age.

SUGGESTED READING

“The Nursing Mother Companion”

“What to Expect the First Year”

“Guide to Your Child’s Sleep (AAP)”

WEBSITES

www.pearlandpediatrics.com

www.aap.org

www.cdc.gov/vaccines

www.seatcheck.org

www.healthychildren.org

ACETAMINOPHEN DOSAGE(160mg/5mL)

(Every 4-6 hours)

6-11lbs = 1.25mL

12-17lbs = 2.5mL

No ibuprofen should be given prior to 6 months of age.

TESTS/IMMUNIZATIONS FOR TODAY

Your baby will receive an immunization today.

Please review our information sheets or you may visit www.aap.org for vaccine information.

YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 2 MONTHS OLD

At the two month check-up...

- Your baby will have a physical examination
- Your questions and concerns will be answered.
- Your baby will receive vaccines.