

1 MONTH VISIT

Nutrition

- Breast milk or formula is still all your baby needs – follow cues for hunger, sometimes the baby may just need comfort rather than food
- Breastfeed about 8-12 times per day and/or give max 32oz formula per day
- If mostly breastfed, still give Vitamin D 400 iu every day
- Alternatively, breastfeeding mothers can take 4000 iu Vitamin D per day
- Follow your baby's cues for hunger
- Do not give water or juice
- Always hold your infant to feed them
- 8-12 wet diapers a day is expected
- Bowel movements can occur every 1-7 days or multiple times a day – as long as it is soft, it is normal
- Babies do not need solid foods now

Infant Care

- Remember to take time for yourself and your partner; let your doctor know if you are feeling sad or unable to take care of your baby out of the ordinary
- Take temperature rectally (in the baby's bottom) with a digital thermometer
- Any temperature over 100.4 is considered a fever and if your baby is less than 2 months and has a fever, you must bring your baby to the emergency room or office for evaluation
- Encourage people touching the baby to wash their hands frequently
- Make sure all family members and close contacts are vaccinated with routine vaccines as well as Tdap and Flu

Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old
- To put your baby to sleep safely:
 - Always put them on their back
 - Avoid putting soft items like blankets, pillows and stuffed animals in the crib/bassinet
 - Crib slats should be less than 2^{3/8}” apart
 - Avoid smoking or using alcohol around the baby
- Never leave your baby unattended
 - Keep a hand on the baby while changing diapers
 - Careful on high surfaces as the baby may roll
- Never shake or hit your baby
- Make sure to install smoke detectors and carbon monoxide detectors in your house; if you rent, ask your landlord to install them

Promoting Development

- Practice tummy time as your baby will be able to hold his head up and look around more
- Your baby will turn to your voice and follow you with their eyes and look at objects
- Read to your baby and play with them with toys that make noise and are bright in color

Tests

- If you haven't already, bring your baby to the hospital lab for their second newborn screening test

***Next Visit: 2 months old for well child visit and vaccines**



Chesapeake
Pediatrics