

# 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 24-32oz 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 AND 20 lbs
- To put your baby to sleep safely:
  - o Always put them on their back
  - o Avoid putting soft items like blankets, pillows and stuffed animals in the crib/bassinet
  - o Crib slats should be less than 2<sup>3/8</sup>" apart
  - o Avoid smoking or using alcohol around the baby
- Never leave your baby unattended
  - o Keep a hand on the baby while changing diapers
  - o 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**