

Welcome to Washington Pediatric Associates, PC

www.washingtonpediatric.com

ONE MONTH

Date of Visit: _____
Weight: _____
Height: _____
HC: _____

NORMAL DEVELOPMENT: Your baby may . . .

- Lift chin for a few seconds when lying on tummy.
- Cannot support head without assistance.
- Explores surroundings with eyes.
- Watches parent intently as parent speaks to him/her.
- Sleeps most of the day, waking every 2 to 3 hours to feed (sleeps 16 hours a day).
- Turns in the direction of most sounds.
- Cries when left alone: usually stops when picked up.
- May smile socially at familiar faces and voices.
- Grasps small objects like a rattle or a parent's finger when placed in his/her palm.
- Cries to communicate if he/she is hungry, bored, or uncomfortable.
- Can see about 8 to 10 inches in front of him-/herself.

DIET:

- Breast milk or formula is all that is necessary for your baby's complete nourishment.
- Do not use a microwave oven to heat the formula.
- Do not add juices, cereal, or any other solid foods to the formula. Do not use honey.
- **FLUORIDE RECOMMENDATION:** Babies do not require fluoride supplementation during the first six months of life. After six months of age, if they continue to receive breast milk as their major source of milk, babies can receive fluoride through water. With concerns about lead in tap water, you may use either bottled water with fluoride or filtered tap water.

- **IRON RECOMMENDATION:** Usually no iron drops are necessary. Your child gets iron in his/her iron-fortified formula or in breast milk. Breastfeeding moms should continue to take their multivitamins with iron. Baby food, started at 4-6 months, is also a source of iron. Exception: Supplemental iron is necessary if breast milk is the only source of nourishment for the first nine months of life. In this case, iron supplement should be started at 6 months in the form of polyvisol with iron, 1 cc or 1 ml by mouth once a day (available at your pharmacy).

HYGIENE:

- Use a mild soap for your infant's body (i.e. Dove, Neutrogena, or Baby Magic Formula).
- Use only water on your baby's face.

- Clean only the outer ear with a cotton swab; never put a swab in the ear canal.
- Do not use baby powder—it can be inhaled and cause breathing problems.

SAFETY:

- Always restrain your baby in an appropriate infant car safety seat in the backseat.
- Ensure that the baby's crib is safe. The slats should be no more than 2 3/8" apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put the baby to sleep on soft surfaces such as a waterbed, couch, or pillow.
- Never leave your baby on a surface from which he/she can roll off. Even at this young age, he/she is active and may begin to roll over or scoot along the crib or floor.
- Never prop a bottle—your baby may choke.
- To avoid burns, do not hold your infant while you are cooking, smoking, or drinking hot beverages.
- Stay with your baby every minute he/she is in the bathtub. If interrupted during bath time (or changing diapers on the changing table) put your baby in the crib, on the floor, or in your arms.
- Install smoke alarms on every floor and change batteries twice a year.
- Never leave the baby alone or with a young sibling.

STIMULATION:

- When your baby is awake, position him/her so that he/she can watch what you are doing. You can prop your baby up in his/her car seat. This will take pressure off the back of the head and prevent too much flattening of the back of the head.
- Babies love to be snuggled and talked to, especially while being cuddled.
- Infants enjoy looking at mirrors, pictures of faces, and bright colors.
- Babies love to suck their thumbs and/or pacifiers.

HEALTH MAINTENANCE:

- **IMMUNIZATIONS:** Hepatitis B (see vaccine instruction sheet).
- **FEVER IN THE FIRST MONTH OF LIFE:** Call your pediatrician's office if your baby has a rectal temperature over 100.4 degrees Fahrenheit.

ANTICIPATORY GUIDANCE: (Information credited to Brazelton's Touchpoints)

- **Parental exhaustion:** The emotional well-being of parents is particularly vulnerable at this point. Mother may still be recovering from the birth, but both parents are likely suffering from sleep deprivation. The baby's demands are great, but parents' capacity to interact is not yet clearly defined. In addition, mothers may suffer from postpartum depression. The questionnaire given at this visit is used to assess postpartum depression. Despite the exhaustion and overwhelming nature of this current phase, you can establish yourselves as competent parents through a trial and error process.
- **Fussiness:** Between 3 and 12 weeks babies may develop fussy periods during the day. This fussiness is normal and represents the baby becoming overloaded and needing to release some of his/her tension in the late afternoon or early evening. Cycles of comforting and letting the baby cry for 1-2 minutes are worth trying.
- **Thumb sucking:** Thumb sucking represents the baby's initial attempts to soothe him-/herself. The use of a pacifier serves a similar function.