
Baby Business

A Publication of Suburban Pediatric Clinic

1 MONTH EDITION

Baby Business 1 month edition: This month's Baby Business will discuss what parents should expect when your baby is around 1 month old.

Baby's Name _____ Weight _____ Height _____

IMMUNIZATIONS

Immunizations or "shots" are available at our office or the Health Department. If you choose to go to the Health Department, **YOU** need to make the appointment and please stay up to date on the shot schedule.

NUTRITION

- ♥ You may continue to breast or formula feed your baby on a demand schedule. However, attempting to feed your baby every 3-4 hours during the day may help to promote a routine for longer sleep periods at night.
- ♥ Weight gain is very fast at this age; most babies will gain about an ounce a day.
- ♥ Breast milk or formula is the only nutrient needed at this age.
- ♥ A relief bottle can be offered at this age without endangering nursing.
- ♥ Spitting up during and after feeding is common and occurs more frequently when baby feeds vigorously.
- ♥ Your baby's stool pattern will remain loose and variable at this age.

SLEEP

We recommend that your baby sleep on her **BACK**. Do not let your baby sleep on soft surfaces, such as a waterbed, fluffy blanket, or anything that is soft enough to cover the face and block air to the nose and mouth. Avoid over-bundling as well. This has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS or crib death).

- ♥ Hopefully your baby is resting better than she did when she was a newborn.
- ♥ Hold your baby a lot, babies need this.
- ♥ Sleep cycles last about 3 hours, but vary among babies.
- ♥ Try to rest when your baby does.

CRYING

Infant crying spells often increase at this age; feeding and sleeping may be the only quiet time for your baby.

- ♥ Close interactions such as holding, rocking, playing, talking, and visual stimulation are needed to help promote your baby's growth and development.
- ♥ Please do not let your baby cry more than 15-20 minutes without attention, and **NEVER** shake your baby.

FEVER

Be sure you know how to take your baby's temperature correctly. If you have any questions on the proper way to do this, please ask the nurse or the doctor.

- ♥ Rectal temperatures are the most accurate and should be used for this age baby.
- ♥ A rectal temperature of **100.4 degrees F** or greater is considered fever.
- ♥ Fever may be the only sign of serious illness in a baby less than 3 months old.
- ♥ Please call our office **IMMEDIATELY** if your baby has a temperature greater than **100.4 degrees F**.

Baby Safety Issues

GENERAL SAFETY

NEVER leave your baby unattended on a bed, changing table, during bathing, or other places where she can fall off and be injured. Also, **NEVER** hold your baby while carrying hot foods or liquids.

CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure your baby's car seat is installed correctly.
- ♥ For this age baby, the car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 20 pounds and at least 12 months old.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

HOT WATER SAFETY

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F.**

- ♥ If you need to change the water temperature in your home, please ask the nurse for instructions on how to do this.
- ♥ If your baby gets burned immediately put cold water on the burned area and call our office.

CIGARETTE SMOKE EXPOSURE

DO NOT let anyone smoke in your house or car.

- ♥ Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma, and SIDS (crib death).
- ♥ We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

HOME SMOKE ALARMS

Be sure to have a correctly working smoke alarm in your home.

- ♥ **TEST** the batteries in your smoke alarm **MONTHLY.**
- ♥ Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

CPR

Please take a CPR course at your local Red Cross, YMCA, or college.

POISON CONTROL Keep the poison control number posted by your telephone **Poison Control 1.800.222.1222**

NEXT CHECKUP: 2 MONTHS

Your baby's next checkup is at 2 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9, and 12 months of age. These checkups usually involve immunizations and preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.

PP Please remember to bring your baby's immunization card and insurance or Medicaid card to every visit.PP
