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# Baby Business

A Publication of Suburban Pediatric Clinic

1 MONTH EDITION

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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**.

