

## Your 1-Month-Old Infant

### Feeding

- Breastfeed your baby on demand, every 2–4 hours, or 8–12 feedings per day. Feed until your baby seems content. Continue prenatal vitamins while breast-feeding.
- Babies who are primarily breastfed should have supplemental Vitamin D, 400 IU daily. This is available over the counter. Brands such as Baby D or Carlson's Vitamin D offer 400 IU in one drop.
- If you are using formula, it should be iron fortified. Feed your baby 2–3 ounces every 3–4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, formula intake will increase.
- Review the formula preparation instructions carefully. Do not heat formula or expressed breast milk in the microwave.
- Babies do not need supplemental water.
- Do not give honey or corn syrup in the first year of life.
- If you need further assistance with breastfeeding, we recommend consulting a lactation specialist.

### Elimination

- Your baby should urinate about six times daily.
- Normal stool patterns vary. Generally, babies have yellow, green or brown stools which can be runny, seedy or pasty. Frequency varies from every other day to many times per day.

### Sleep

- Always place your baby to sleep on his back. A firm, flat mattress in a crib or bassinet is best. The crib or bassinet should not contain bumpers, positioners, or other soft items.
- Most 1-month-olds are figuring out day and night. Sleep stretches may be getting more consistent — if so, try to reinforce whatever patterns are emerging.
- Your baby is too young to cry himself/herself to sleep.

### Development

- Allow supervised “tummy time” every day while awake. Tummy time encourages motor development and helps prevent a flat head shape. As your baby grows stronger, increase the frequency and duration of tummy time.
- Most 1-month-olds focus on faces, respond to sounds, and show improving head control. Social smiling and cooing will likely start in the next 2–4 weeks.
- Your baby's cries may sound different depending on his/her needs.
- Some babies become increasingly fussy at this age, even when their needs are being met. This behavior tends to peak at 6 weeks, and then improves gradually, usually resolving by 4 months. We can suggest coping strategies.

### Safety

- Always use an infant car seat, rear-facing, in the back seat.
- Keep your baby's environment tobacco-free.
- Watch your pets and older children around your infant.
- To prevent burns, set your hot water heater no higher than 120° F, and never drink hot liquids while holding your baby.
- Never leave your baby unattended on a bed, sofa, changing table, or in the bathtub.
- Avoid direct sun exposure by using clothing, blankets or an umbrella.
- Shaking or spanking your baby may cause serious injury or death.

## Fever/Illness

- Fever is a symptom that we take very seriously in the first three months of life. If your baby has a fever — **rectal temperature over 100.4° F** — please call our office immediately. If the office is closed, the answering service will contact the doctor on call.
- Take your baby's temperature rectally if he/she feels hot or has other signs of illness (unusual fussiness, vomiting beyond typical spit-up, diarrhea or failure to eat several feedings in a row).
- Please consult the office before giving any medication to your baby. At the 2-month checkup, we will give dosing instructions for acetaminophen.

## Disease prevention

- Adults who have regular close contact with your infant should receive the Tdap vaccine (for tetanus, diphtheria and pertussis). This helps prevent pertussis (whooping cough) in babies.
- We follow the vaccine schedule recommended by the American Academy of Pediatrics. If you have questions or concerns about vaccines, please visit [vaccine.chop.edu/parents](http://vaccine.chop.edu/parents).

## Reaching us

If you have concerns, please do not hesitate to call the office to speak to a nurse. Nurses return calls throughout the day. You may also leave a non-emergent message for your doctor or nurse practitioner, who will return your call by the end of the day. For emergencies, a doctor is on call when the office is closed.

## Resources

- A good website to bookmark for future reference is [healthychildren.org](http://healthychildren.org).
- We suggest having the Illinois Poison Control Center phone number handy: [800.222.1222](tel:800.222.1222).

## Today

- Growth will be assessed by measuring your baby's length, weight and head circumference, and plotting these numbers on a growth chart. Healthy babies can be small or large, and growth rates may vary at different ages. Your provider will monitor the growth pattern and share this information with you.
- Your baby will receive the Hepatitis B vaccine.
- You will receive handouts about vaccines and postpartum depression.

## At the 2-month check-up

Your baby will receive Pentacel (DTaP, Hib, Polio), Prevnar and Rotateq vaccines.