



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.

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.
- 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.