



PEDIATRIC ASSOCIATES OF NYC, P.C.

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(718) 786-5506

1 month visit

Today's Measurements Height _____ Weight _____ HC _____

Vaccine: Hepatitis B

Nutrition:

- Breastfeeding- offer breast every 2-4 hours, 7-8x/24 hours period
- Formula: offer 3-4oz every 3-4 hours
- No need to wake at night
- No need to sterilize bottles
- 400 IU Vitamin D daily for breastfed babies (available as liquid drops)

Development:

- Raises head slightly when on stomach
- Startles easily
- Sees 8-12 inches away
- Calms when swaddled and rocked
- Tracks light with their eyes

Common concerns

- Stools can be brown, yellow or green
- Babies grunt and appear to strain with stooling- if soft stool it is not constipation
- Breast fed babies may go a week without having a bowel movement
- Babies are gassy
- Congestion and sneezing are normal
- Always put babies to sleep on their backs
- No toys or blankets in crib
- Crying/colic: babies have periods of crying (usually toward the end of the day) that starts around 3 weeks, peaks at 6-8 weeks, then tapers off by 3 months. There is generally no reason for the crying except to perhaps "let off steam"
- Babies can appear cross-eyed- this is normal until 6 months of age

When to call us:

- Rectal temp >100.4 F (38C)
- Crying excessively or inconsolably
- Difficulty breathing
- Excessive sleepiness or poor feeding
- Forceful or frequent vomiting
- OR if you have any questions or concerns

Next visit in 1 month (at 2 months old)