

# One Month

Date: \_\_\_ / \_\_\_ / \_\_\_

Patient Name: \_\_\_\_\_ D.O.B.: \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ HC: \_\_\_\_\_

**PREVIOUS** Exam: \_\_\_ / \_\_\_ / \_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Vitamins: \_\_\_\_\_ Breast-Formula: \_\_\_\_\_

Foods: \_\_\_\_\_ Immunizations: \_\_\_\_\_ Next Appt.: \_\_\_\_\_

## **Nutrition:**

- Breast milk or formula is adequate nutrition for most babies. Solid food such as cereal is not necessary and may be harmful.
- Most babies gain about 1 ounce a day over the first month of life.
- Spitting up is common for babies. Spitting up usually means that your baby has eaten more than his stomach can handle. More frequent burping during feeding may decrease the amount of spitting up.
- Now is a good time to introduce an occasional bottle for those mom's who are exclusively breast feeding.

## **Accident Prevention:**

- Place your baby in an approved and properly installed car safety seat.
- Be careful when placing your baby on an elevated surface, he may roll off.
- Turn your hot water heater down to 120 degrees F to help prevent accidental burns, be sure to test prior to placing your baby in the water.
- Install smoke alarms in your home; check to be sure batteries are working.
- Microwave ovens can cause uneven heating of infant formula and can lead to internal burns.
- Sleeping in the same bed as your infant is strongly discouraged.
- Do not "prop" your baby's bottle. Babies should be held while they are feeding.

## **Development-Most babies at this age:**

- Look at your face.
- Are most attentive to black and white colors, contrasting stripes and patterns.
- Follow some movements to midline.
- Lift their heads while lying on their belly.
- Respond to sounds by opening their eyes or stopping movements of their extremities.
- Start the habit of reading to your baby.

## **Common Questions:**

- Irregular Breathing: All babies show some pattern of irregular breathing during sleep in the first few months of life. These are normal and will lessen with time.
- Hiccuping and Sneezing: These are common in newborn and young infants and do not require any treatment.
- Diaper Rash: Diaper rash may occur because of irritation from wet or soiled diapers. Change diapers frequently and apply a diaper ointment, such as A&D Ointment or Aquaphor, with each diaper change. Let your doctor know if the diaper rash is not better after 3 days.
- Sleep: Most babies this age have very unpredictable sleep and wake cycles. Your infant may wake up to be fed 2 to 3 times during the night.
- Crying and Fussing: ALL babies will have periods of fussing and crying. These periods are usually in the evening between 6PM and midnight. The amount of crying tends to increase over the first 6 to 8 weeks of life and then decrease. Call for advice if you think your baby is crying too much.
- Keep our newborn booklet handy. It is a good reference guide during your baby's first year.

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