



### Development

Most babies sleep a lot during the first one to two weeks of life. Make sure to rest and sleep when the baby sleeps to help you maintain your sense of well-being. By a month of age, she should be more alert, with definite wakeful periods. Your baby should definitely be able to see and hear, with her best seeing distance about 1½ feet away. When sitting on your lap, she should be able to recognize your face and she should startle in response to loud noises. Start tummy time so your baby can practice lifting her head. Older children in the home can exhibit feelings of insecurity, regression, or in some cases anger with the birth of a new sibling. To help your older children adjust to the new baby and still feel loved, ask for their help in caring for her.

### Diet

After losing up to 12% of his body weight, your baby should be returning to or be close to birth weight. Your baby should be taking either breast milk or formula. Feedings should be on demand, but we suggest offering him a feeding about every 3 hours during the day. This will help your baby feed more during the day and sleep better at night. During the night, you do not need to wake him for feedings. Wait to introduce solid foods until at least 4 months of age. Breast feeding moms should continue to take prenatal vitamins while nursing and breastfed babies should be on a vitamin D supplement. You can easily find D-Vi-Sol or Tri-Vi-Sol at pharmacies (1 dropper daily). Another option is D-Drops (the dose is just 1 drop per day, which can be given to the baby by placing the drop on the mother's nipple right before feeding). Formula fed babies get adequate vitamins from their formula but need Vitamin D until taking ~32 oz per day. Beginning at about two weeks of age, many parents of breast feeding babies offer their babies occasional bottles of either pumped breast milk or formula (one bottle every other evening is sufficient). This keeps him in practice with bottles so you'll be able to leave him with family or a sitter. Do not prop your baby's bottle as this puts him at increased risk of choking, ear infections, and early childhood caries.

### Illness

During the first 2 months of life, babies are more susceptible to illness. Therefore, it's best for you to call us if she becomes ill. Signs of illness include any fever (temperature greater than 100.4); low temperature (<96.5); unusual fussiness that isn't improved by consoling; lethargy (too sleepy, difficult to arouse for feedings); or dusky, blue skin. Especially during these first few months of life, if you feel uneasy about how your baby is acting, it's best to call our office. You can reach us any time by calling our office number, 520-648-KIDS. Make sure you and other family members have had Tdap vaccine (Tetanus, Diphtheria, and Pertussis) and Influenza vaccinations. We provide these vaccines for family members at our office.

### Safety

Remember to use an approved, rear-facing infant car seat whenever you're driving with your baby. Never leave your child alone in the car for any reason, even briefly. Every year, children die of heatstroke after being left in a hot car. When asleep, your baby should be on his back, not on his tummy or side. Sleeping on the tummy or side has been proven to be a risk factor for SIDS (sudden infant death syndrome). See the [SIDS page](#) in the parent information section of our website for more information. Do not leave your baby alone on a counter or bed. Babies find ways to wiggle and fall!

Limit exposure to public places like restaurants and stores for the first several weeks of life, until his immune system is stronger. Frequent hand washing or use of hand sanitizer is the best way to prevent the

spread of infections. Now is a good time to make sure your hot water heater is set to no more than 120 degrees, that your smoke detectors are working, that firearms you may have in the house are safely locked with ammunition stored separately, and that you have a list of local emergency telephone numbers, including Poison Control (1-800-222-1222 from anywhere in the US). It's important to keep your car, home, and other places where your baby spends time free of tobacco smoke and E-cigarette vapor. Smoking affects the baby by increasing the risk of asthma, respiratory infections, and sudden death. Social media tools can be useful in building social networks, but do not rely on them for maternal and child health advice. We can answer your questions and give you reliable information.

**What to expect at this visit**

Mother should fill out the postpartum depression screen before the visit. We will obtain the second newborn screening test, a simple heel stick. Your baby's next well check should be at 2 months of age unless the doctor determines your child needs an additional appointment.