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One Month Exam

Weight _____ lbs. _____ oz Length _____ inches Head Circumference _____ inches
_____ percentile _____ percentile _____ percentile

Feeding

No feeding schedule needs to be religiously followed. At all times, common sense is your best guide. The amount of breast milk or formula your baby needs will depend on his/her rate of growth. Babies grow quite rapidly at this age, approximately one-half to one ounce per day. Don't worry about over- or under-feeding your baby; infants usually just take the amount they need to satisfy their rate of growth. Solid foods are not recommended at this age for most babies. A vitamin supplement may be recommended for breast-fed babies.

Development

Soon your baby will be smiling. Your baby should respond to loud noises or voices.

Safety

- 1) When your baby is on the changing table or bed, never take your hand off him/her. Babies may easily fall while you are reaching for something. Be sure to have everything you need close by.
- 2) When bathing, let the phone ring! A baby can drown in the time it takes to tell the caller that you will call back.
- 3) Never feed a baby who is lying down. He/she should always be in a semi sitting position in your arms or in an infant seat.
- 4) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs. **and** 2 years of age should be rear facing, and never placed in the front seat.
- 5) Never place a string or necklace around your baby's neck. Strings of any length can cause a choking hazard.
- 6) The recommended sleeping position is on the back. This position has been found to greatly reduce the risk of SIDS (Sudden Infant Death Syndrome) in infants. Be sure to have your infant spend some "tummy time" while awake.

Diaper Care

Frequent diaper changes are the best prevention for diaper rashes. For girls, always wipe from the front to the back. Use a wet cotton ball or wipe to remove stool from between the lips of the vagina. For boys who are not circumcised, there is no need to retract the foreskin until the child is older.

Immunizations

No immunizations given at this time.

Next Visit

Next visit is in one month, when your baby is two months of age.