

PARENT INFORMATION SHEET FOR 1 MONTH-OLDS

VACCINES:

- * No routine vaccines are given at one month of age.
- * If your baby did not receive Hepatitis B vaccine in the hospital, it should be given during the first month of life.
- * Household members living with young infants are strongly encouraged to receive the flu and whooping cough vaccines. Please contact your primary care provider.

DEVELOPMENT and PARENTING TIPS:

Speech/language:

- * Babies will respond to noise.
- * In the next few weeks, babies will learn familiar voices and start to smile.

Physical ability:

- * Babies will start holding their heads up slightly for a short amount of time.

Social/play:

- * Babies love faces! At this age, babies can see your face well from about 6 to 12 inches away.
- * Babies will start to focus on faces, lights and other objects.
- * Babies prefer toys with a black and white pattern because babies can see these best.
- * Babies love to be spoken to, held, cuddled and looked at face to face. It is very important to engage with your baby this way.

Behavior:

- * Infants will sleep a lot! Most infants will sleep more during the day and are awake more at night – this is normal and will slowly change as the baby gets older.
- * Promote good sleep habits by putting your baby in bed before he or she falls asleep.
- * Infants may have fussy/crying times. As your baby nears two months of age this may increase. Talking, patting, stroking and rocking may be comforting for your baby.
- * Never shake your baby.
- * Infants may find sucking on a fist, hand, finger or pacifier very soothing.
- * Infants must always sleep on their backs. This reduces the risk of SIDS (Sudden Infant Death Syndrome or crib death).

Parenting Tips:

- * Try to sleep when your baby sleeps.
- * Take help from family and friends.
- * Call your child's doctor or your doctor if you feel sad or overwhelmed for more than a few days.

FEEDING:

- * Babies will need breast milk or formula with iron until one year of age. Do not give water unless your doctor recommends it. Juice and tea are should not be given.
- * Do not leave a bottle propped unattended in your baby's mouth. This can cause choking and over-feeding.
- * Do not microwave stored breast milk or formula.
- * Check the temperature of breast milk or formula by pouring a few drops on your wrist.
- * When making formula, always follow the directions on the package.
- * Do not give your baby honey for the first year of life. Honey can cause botulism.
- * You can tell if your baby is getting enough to eat if he has 6-8 wet diapers a day and is gaining weight well.
- * Breastfeeding babies must take extra vitamin D to prevent rickets (weak bones and other problems). Formula-fed babies also need extra vitamin D if not taking at least 32 ounces of formula each day. Your provider will prescribe this or tell you what product to buy, usually within the first month.

HYGIENE:

- * Use plain water with or without a mild soap/shampoo for baths.
- * Keep nails short. Babies sometimes scratch their faces with their fingernails. Use emery boards or nail clippers to trim sharp nails.
- * Newborns do not need to be bundled too much. Usually one more layer of clothing than adults is fine. Many newborns like to be wrapped up in a thin blanket, called "swaddling."

DIAPER CARE:

- * Breast-fed babies have stools that are yellow, loose and seedy.
- * Formula-fed babies have stools that are more solid and greenish.
- * Babies often strain and look uncomfortable when having a bowel movement. This is normal.
- * Constipation means that the stool is very hard and difficult to pass.
- * Desitin, Balmex, A+D Ointment, etc. are helpful for diaper rashes. Do not use powders.

SAFETY ISSUES:

- * Never leave infants unattended or alone on a bed, couch, changing table or during a bath.
- * Your baby will be able to roll over soon. You do not want to find out that your baby has learned to roll by hearing a thud on the floor!
- * Babies should sleep on their backs to reduce the risk of SIDS, or suffocation (crib death). Babies should sleep in their own cribs or bassinets.
- * Infants should sleep on a firm sleep surface. Avoid soft bedding, stuffed animals, pillows or any soft objects in the newborn's sleep area.
- * Never shake your baby.
- * Always use a car seat. Infants and toddlers should face the rear of the car until two years of age. The middle of the back seat is the safest location. Babies and young children should ALWAYS ride in the back seat.
- * Keep infants out of direct sunlight; use protective clothing or stay in the shade.
- * Turn the temperature of your hot water heater to 120 degrees F or less.
- * Use a crib with slats 2 3/8 inches apart or less.
- * Find out if your home has lead paint or lead hazards. If you rent an apartment, your landlord should know and is required by law to disclose this information. Ask your child's doctor or nurse if you have questions about this.
- * No smoking in the house! We strongly encourage parents who smoke to try to quit. Even the smoke on your clothes, hair, and breath can affect your child. Ask us for information on how to quit.
- * Make sure your smoke and carbon monoxide alarms are working.
- * CPR training is recommended.

SPECIAL INSTRUCTIONS:

- * Call right away if your baby has a rectal temperature of 100.4 or higher.

NEXT VISIT: 2 months of age for a check-up/physical and as needed for other problems, illnesses, and injuries

Remember to write down questions and bring the list with you!

WANT MORE INFORMATION?

The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.

Need help with breastfeeding?

Meet with a lactation consultant and other breastfeeding mothers at the Cambridge Health Alliance Breastfeeding Support Drop-in Program, located at 8 Camelia Avenue in the Cambridge Hospital driveway. Tuesdays and Thursdays from 10AM to 12PM. No appointment is necessary!

More information is available from these sources:

Zipmilk	www.zipmilk.org
Massachusetts WIC Nutrition Program	(800) 942-1007
La Leche League	(800) LA LECHE
Nursing Mothers' Council	(617) 244-5102
Massachusetts Breastfeeding Coalition	www.massbfc.org
International Lactation Consultant Association	www.ilca.org
National Women's Health Information Center	(800) 994-9662

Check out *Bright Futures* parent information from the American Academy of Pediatrics at:

<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%20110/1%20Month/A.Inf.PH.1month.pdf>

Check out *Healthy Children* parent information from the American Academy of Pediatrics at:

www.healthychildren.org

Find more information and tools on our CHA website page for parent resources at:

[Http://www.challiance.org/Services/PediatricsResourcesforParents.aspx](http://www.challiance.org/Services/PediatricsResourcesforParents.aspx)

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