

1 Month Well Child Visit

Weight _____ (%)

Length _____ (%)

Head Circumference _____ (%)

What to Expect:

Immunizations: Hepatitis B (second one if you received the first in the nursery)

Screenings/Labs: Results of the second newborn metabolic screen should be available; Mom will be screened with our Edinburgh Post-Partum Depression screening tool – if you are feeling sad or blue, please be sure to call us or your OB for help! TB Risk assessment will be done as well.

Feeding / Nutrition:

Continue to feed your baby only breast milk or iron fortified formula. Most babies are feeding about 8-10 times each day. If breastfeeding, be sure to continue to take your prenatal vitamins, try to get 2,000 calories/day and drink plenty of fluids. You might consider pumping and offering a bottle of breastmilk at this time as well. If formula feeding, anticipate about 2-4 ounces every 2-3 hrs. Do not prop bottles. Expect 6-8 wet diapers and 3-6 stools each day. If breastfeeding, continue to give a Vitamin D supplement of 400 IU/day to your baby.

Development:

- By now your baby will start to be more awake and alert at times.
- Your baby should be starting to make eye contact with you. They can focus on objects about 12 inches away and eyes may still cross at times.
- Read, talk, & sing to your baby daily
- Tummy time is great for your infant and helps them to learn neck control and avoid flattening of the back of the head. ONLY put your baby on their tummy when they are AWAKE and being watched.

Safety Issues:

- Put your baby to sleep on his/her back in a crib or bassinet with a firm mattress, NOT in your bed. Continue to avoid loose or heavy blankets, pillows, bumpers, and toys in the crib.
- Crying is a normal part of infancy and peaks around 4-6 weeks of age. Comfort your baby by holding, patting, walking and talking to them. NEVER shake your baby. Please talk with us if you think your baby cries excessively or you are feeling overwhelmed or unsafe, we are here to help!
- Continue to use a rear-facing infant car seat in the back seat. Never put the car seat in the front.
- Have your baby seen in a pediatric emergency department if their rectal temperature is 100.4F/38.0C or higher. Call the office if they are excessively fussy or not feeding well.
- Keep necklaces and bracelets off your baby, they can be choking and strangulation risks.

Notes: