

1 MONTH VISIT

Child's name: _____

Today's Date: _____

Immunizations

- Hepatitis B

Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

*Side effects of the Hepatitis B vaccine are rare. If your baby develops fever, excessive fussiness, or irritability, you should call your doctor or seek medical attention to discuss as these can be signs of serious illness in young infants.

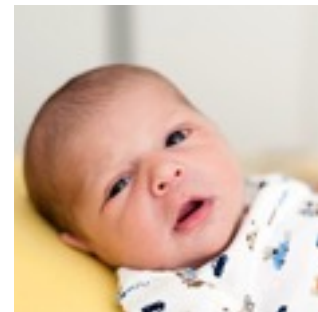


TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

HEAD CIRCUMFERENCE: _____ (_____ %ile)



Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
 - In your room
 - Not in your bed
 - In a crib or bassinet
 - Give your baby a pacifier
 - Put your baby to sleep drowsy
- Hold and cuddle your baby often.
 - Tummy time - put your baby on her tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6-8 weeks old.
- When baby is crying, comfort him by talking, patting, stroking, and rubbing.
- If you feel upset, put your baby in a safe place; call for help.

Development

All babies develop at their own rate. You 4 weeks old, may notice that your baby:

- Shows better head control
- Becomes quiet when others speak
- Lifts her head when lying on tummy
- Calms when rocked or swaddled
- Grasps your finger
- Stares at faces briefly

NEXT VISIT

Two months of age

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org

VITAMIN D

If baby only drinks breast milk or drinks <32 oz of formula every day, she should take 400 IU of vitamin D daily. Ask your doctor for details.

Feeding Your Baby

Babies at this age get all their nutrition from breast milk or formula and don't need to drink water or eat solid food.

- Breast-fed babies may nurse 8-12 times a day
 - If you are breast-feeding and are going to use a bottle, wait until your baby is 3-4 weeks old. Your baby may refuse the bottle if you wait longer.
- Formula-fed babies may drink 2-4oz at every feeding, every 2-4 hours
 - You do not need to boil water before preparing formula unless your water comes from a well
 - Do not heat bottles in the microwave because this can lead to uneven heating and burns
- Pat, rock, undress, or change the diaper to wake you baby to feed.
- Feed your baby when your baby is hungry. Signs of hunger include:
 - Putting hand to mouth
 - Sucking, rooting, and fussing
 - There may be times that baby wants to feed every hour.
- End feeding when you see signs your baby is full
 - Turning away
 - Closing the mouth
 - Relaxed arms and hands
- Night feedings are normal at this age
- Do not prop bottles in your baby's mouth. Do not add cereal to your baby's bottles. Do not give your baby extra water. Do not give your baby honey.

Safety

- Never shake your baby
- Always put your baby to sleep on her back. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets, and toys away from your baby while she sleeps.
- Use a rear-facing car safety seat in the back seat of all vehicles
- Keep your car and home smoke-free
- Your baby might be able to roll over, so keep a hand on your baby when dressing or changing her
- Never leave your baby alone in bathwater, even in a bath seat or ring

“Many babies spit up when they feed. If your baby spits up often, keep his or her head raised for at least 30 minutes after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and is not in pain. Spitting up usually ends by age 6-9 months.”

Focus on Family

- Postpartum depression can happen anytime during the first year. While postpartum blues are common during the first few weeks, they usually get better. If moms feel sad, anxious, or depressed beyond this time, they should seek help and talk with their doctor.
- Try to nap or rest when your baby sleeps.
- Moms should schedule the 6-week postpartum check with their OB.
- Enjoy spending time with your new baby. Cuddle her - babies this age can't be spoiled. Responding to your baby right away at this age teaches her that she will be loved and cared for.

WHEN TO CALL YOUR DOCTOR

- If baby has a rectal temp of 100.4 or greater
- Crying excessively or is inconsolable
- Having trouble breathing
- Is listless or lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly

- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby
- Never tie a pacifier or put jewelry around your baby's neck
- Do not cook or drink hot liquids while holding your baby
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org