



Your One Month Old

Today's Length _____ Percentile _____

Today's Weight _____ Percentile _____

Today's Head Circumference _____

A note about percentiles– this information is used to follow your child over time. Your child should follow their own growth curve, as each child is different!

DEVELOPMENT:

Soon the baby will be smiling. The baby should be responding to loud noises by startling and starting to visually focus on faces. Babies at this age like to look at high contrast patterns - think black and white mobiles. They will be turning the head from side to side when lying on their stomachs. Tummy time- while awake only- helps develop head control and prevent flat-

FEEDING:

Feed the baby when the baby seems hungry. Crying and “rooting” (searching with his/her mouth) are cues. No feeding schedule needs to be strictly followed. There is no such thing as the “right” amount of formula or breast milk. For breast- fed babies, you will want to introduce a bottle occasionally to get the baby used to it. Breast fed babies should be supplemented with additional Vitamin D, found in either TriViSol or PolyViSol with iron- these are available at the pharmacy without prescription. The recommended dose is 1mL per day.

SAFETY:

When the baby is on the dressing table or bed, NEVER have your hand off him/her. Babies may fall off while you are reaching for a diaper. Keep things close by. When bathing, let the phone ring! A baby can drown in the time it takes you to tell the caller that you will call them back. Adjust the water heater temperature to less than 120° F. Never feed a baby who is lying down. He/she should always be in a semi- sitting position in your arms or an infant seat. If you are breast feeding, you may feed him/ her lying down at night. The only safe way for a baby to be in a car is in an approved car seat, rear- facing, installed according to the manufacturer's instructions. THIS IS STATE LAW! Never leave a baby alone in a vehicle. Avoid exposing your infant to crowds, especially in winter months when infections are more common. Practice good hand washing. To reduce the risk of Sudden Infant Death Syndrome, babies should sleep *on their back* on a firm mattress without sheepskin. No heavy blankets, comforters, or stuffed animals in the crib. Do not put baby bottles in the microwave. Microwaves heat unevenly and the infant could sustain a burn. Quit smoking and do not allow smoking in your home or in your car. Never leave a baby alone with a pet. Pacifier use has shown to be protective against Sudden Infant Death Syndrome.

Resources:

Caring for Your Baby and Young Child: Birth to Age 5- American Academy of Pediatrics

www.aap.org

What to Expect the First Year- Heidi Murkoff, Sandee Hathaway, and Arlene Eisenberg

Baby 411- Denise Fields and Ari Brown

The Happiest Baby on the Block- Dr. Harvey Karp

Today's Immunization:

Your baby will receive the second Hepatitis B vaccine today if the first was given in the hospital. The most common side effect is pain during administration. Please call our office with any fever over 101°F, inconsolable crying lasting longer than 3 hours, or if your child becomes pale or limp 847-676-5394.



When to Call our Office:

Call if your child has any fever over 100.4 rectally, especially if the child is under two months of age.

Call ESPECIALLY if you feel the infant isn't “acting right”.

We are on call 24 hours a day for emergencies– our answering ser-

DIAPER CARE:

Boys- uncircumcised penises should just be cleaned and bathed with soap and water. You should not try to retract the foreskin.

Girls- Always wipe from front to back- NEVER from back to front. After a bowel movement, spread the labia and use a wet cotton ball or diaper wipe to get stool out of the vaginal area.

Our Office Hours:

Mon 8:00am– 5:00pm

Tues 8:00am– 7:00pm

Weds 8:00am– 7:00pm

Thurs 8:00am-7:00pm

Fri 8:00am– 5:00pm

Sat 9:00am– 1pm

Sun 9:00am– 12pm

** Please note there are no walk– in sick hours on Saturday and Sunday**

MOST IMPORTANTLY, ENJOY YOUR BABY! THERE IS TIME LATER FOR HOUSEHOLD CHORES! HIRE A RELIABLE BABYSITTER OCCASIONALLY!

