

Mendon Pediatrics

1 Month Visit

Next Visit: 2 Months

Nutrition

- Feed on demand, either breastfeeding or formula with iron. Your baby will likely go through brief growth spurts that may make him/her hungrier than usual.
- Breast feeding mothers should continue on their prenatal vitamins, maintain a healthy diet with plenty of fluids and get adequate rest and exercise. Those planning to return to work will want to introduce a daily bottle (of expressed milk or formula) usually around 3-4 weeks of age.
- Give your breastfed infant 400 I.U.'s of vitamin D daily (found in store as Polyvisol or Trivisol 1ml dropper).
- Don't warm bottles in microwave. It can cause uneven heating and burn your baby's mouth.
- Don't put cereal in the bottle unless instructed to by the physician.
- Delay introducing solids until 4-6 months.
- To prevent infant botulism do not give your infant honey until his/her first birthday.
- Do not prop bottles or put infant to bed with a bottle.
- It is not necessary (and it can be harmful) to give your infant water.

Elimination

- An infant's stool may vary in color, consistency and frequency. A baby may have multiple stools each day or as few as one per week. As long as they are soft there is not a problem.
- A child who is feeding well should have four or more wet diapers daily.

Sleep

- Put the baby to sleep on his/her back or side (back preferred). Rotate position from night to night to avoid flattening one side of the head.
- Try to place your infant in crib or bassinet while drowsy but awake. You will be helping your child learn how to get him/herself to go to sleep on his/her own. Try not to use a pacifier for sleep.
- Try to establish a consistent bedtime routine.

Fever / Illness

- Infant noses are often stuffy or congested. To make your baby more comfortable, elevate the head of his/her bed and use a bulb syringe and saline nose drops. A cool mist vaporizer/humidifier may be helpful.
- Before two months of age, if your infant is very fussy, not eating well or seems very hot, take a rectal temperature with a digital thermometer. If temperature is greater than **100.5 degrees**, please call the office or exchange so that your child can be seen.
- An ear temperature is not accurate at this age.
- Do not give Tylenol unless instructed by your physician.

Healthy Habits / Safety

- Use rear-facing infant safety seat in the back seat.
- Never place baby in the front seat.
- Keep home and car smoke-free.
- Learn your baby's temperament. Try to console your baby; normal developmental crying may peak at 6 weeks. Talk, sing, and read to the baby as much as you can
- It is not possible to spoil an infant at this age. Hold him/her as much as you want.

Suggested Reading

Caring for Your Baby: Birth to Age 5, The American Academy of Pediatrics.

Infants and Mothers, T. Berry Brazelton.

Touch Points, T. Berry Brazelton.

Guide to Your Child's Symptoms, The American Academy of Pediatrics.

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby, Tracy Hogg

Resource Phone Numbers

Poison center, Toll-free **1-800-222-1222**.