

# One Month Visit

Congratulations on making it through your baby's first month. The following are some safety tips and guidelines to help you along.



MassGeneral Hospital  
for Children

## Feeding and Nutrition

- One-month-old infants usually feed every 2-3 hours.
- Only give your baby breast milk or formula. Your baby does not need plain water. Never give your baby honey.
- Mix formula with faucet water. It has fluoride to help keep teeth healthy.
- Always hold the bottle for your baby (don't prop it up). End the feeding when your baby closes his mouth or turns away from the bottle.
- If your baby is breastfeeding, now is a good time to start giving some pumped milk in a bottle at least once a day.
- If your baby is breastfed or gets fewer than 32 ounces of formula per day, give him vitamin D liquid (400 IU) once a day.

## Crying/Colic

- Crying and fussiness often increases at 2-3 weeks of age, peaks at 6-8 weeks of age, and slowly goes down by 12-16 weeks of age.
- If your baby has colic (cries or fusses for many hours without an obvious reason), hold, rock or take your baby for a ride in the car. You can also play calming music or white noise (like a vacuum, stove vent or fan).
- Most babies pass a lot of gas. If your baby seems uncomfortable, gas drops (ex: simethicone or gripe water) are safe to try, but do not always work.
- **Never shake your baby.** Colic can be very hard for parents. Accept help and take turns caring for your baby. If you feel overwhelmed, call your doctor's office for help.

## Sleeping

- Your baby might start sleeping longer at night. If he is gaining weight, do not wake him up to feed in the middle of the night. Ask your doctor if you are unsure.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), follow these safety recommendations:
  - **Back is best.** Always place your baby on his back for sleep in a crib that meets Consumer Products Safety Commission (CPSC) standards. ([www.cpsc.gov](http://www.cpsc.gov))
  - **Bed sharing is not recommended.** There is not enough current research on bedside or in-bed sleepers to know if they are safe.
  - **The mattress should be firm (doesn't bend when the baby is lying on it).** Never place your baby on a couch for sleep.
  - **Keep the crib as empty as possible.** Do not use crib bumper pads, blankets, pillows or soft toys in the crib.
  - **Swaddling is fine at this age.** Make sure knees can bend and that the blanket is not too tight over the chest. Wearable blankets are fine to use.
  - **Try giving your baby a pacifier for sleeping.** It is okay if he will not take it.

## Safety Tips

### Do

- Secure your baby's car seat in the back seat facing the back window.
- Keep your home water heater set lower than 120°F/49°C.
- Check your smoke and carbon monoxide detectors. Change the batteries once a year.
- Learn infant CPR. Check online for area or web classes.

### Do Not

- Do not leave your baby alone in bathwater, in the car, on the bed, couch or changing table.
- Do not drink hot liquids while holding your baby.
- Do not let anyone smoke around your baby. Keep your car and home smoke-free.

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## One Month Visit continued...



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### Development

- Every baby develops differently. At this age, your baby might
  - Respond to sounds by startling, blinking, crying or changing breathing
  - Respond to your face and voice
  - Focus on objects 8-12 inches away
  - Lift her head for a moment when placed on her belly.
- Try these tips to help with your baby's development:
  - Talk out loud to your baby when you are together.
  - When your baby makes a sound, smile and repeat it back to her.
  - Show your baby black-and-white or high-contrast patterns.
  - Practice tummy time! While awake, place your baby on her stomach. Talk and make eye contact with her. This will teach her to lift and turn her head.

### Other Helpful Hints

- Use a rectal thermometer if your baby looks sick or feels warm. **Call your doctor right away if your baby has a temperature of 100.4°F/38°C or higher.** At this age, use acetaminophen (Tylenol®) only after your baby gets his vaccines. Otherwise, talk to your doctor first. Baby ibuprofen (Motrin®) is not safe until after 6 months.
- Babies often get colds at this age. There are no cold medications for stuffy nose that are safe or effective for babies. Rinse your baby's nose with saline (sodium chloride [0.9%] drops).
- Your baby might start to poop less often than before. He might strain or cry before pooping. This is okay as long as the poop comes out soft. It is not constipation.
- Washing your hands with soap and water is the most effective thing you can do to prevent the spread of colds and other infections.

### Websites

- AAP Healthy Children | <http://www.healthychildren.org>  
(Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization>  
(Research-based information about childhood vaccines)
- Talk, Read and Play | <http://www.talkreadplay.org>  
(Advice to support families with children ages birth to 5.)

### Vaccines

(\*vaccine schedule may vary slightly by practice)

Today:  
- None

Next Visit at 2 months old:

- DtaP / Hep B / Polio (often combined)
- Hib
- Pneumococcal
- Rotavirus (oral)



### Important Numbers

- Poison Control (MA)  
1-800-682-9211
- Parental Stress Line  
1-800-632-8188
- Mass General Domestic Violence Help Line  
(24 hours)  
1-617-724-0054
- Smoking Quit Line (free):  
1-800-TRY TO STOP
- Your Doctor's Office

Your child's next routine visit is recommended at 2 months -old.



# Birth to 6 Months



## BIRTH TO 6 MONTHS

### Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

#### Car Injuries

**Car crashes** are a great threat to your child's life and health. Most injuries and deaths from car crashes **can be prevented** by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

**Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.**

**NEVER** put an infant in the front seat of a car with a passenger air bag.

#### Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him.

Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

**Do not use a baby walker.** Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

**If your child has a serious fall or does not act normally after a fall, call your doctor.**

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American Academy of Pediatrics

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## Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER carry your baby and hot liquids, such as coffee, or foods at the same time.** Your baby can get burned. You can't handle both! To protect your child from tap water scalds, reduce the maximum temperature of your hot water heater to 120°F.

**If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water until he or she stops crying. Then cover the burn loosely with a bandage or clean cloth and call your doctor.**

To protect your baby from house fires, be sure you have a working smoke alarm in your home. Test the batteries in your smoke alarm every month to be sure that they work. Change the batteries once a year on a date you'll remember, such as daylight savings time.



## Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER leave small objects in your baby's reach, even for a moment.** NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. NEVER put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.**



**Plastic wrappers and bags** form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.