

mmpc pediatrics

1 MONTH CHECK

Weight _____ Height _____ Head Circumference _____

Congratulations! You have survived your first month of parenthood! There are only 215 months to go before your baby reaches the age of 18. Enjoy every one of them because it goes quickly!

Development:

By now, your baby is likely having more predictable awake times. She should focus her eyes on your face for brief periods of time and should be moving arms and legs more. Over the next month, you can look forward to seeing some smiles and hearing her make cooing noises in response to you.

Feedings:

Feedings should be well established by now and hopefully some patterns have started to emerge. You may notice an increase in the amount of spitting up and this is quite normal. If the spitting up is excessive or causes significant discomfort, let us know. Trying smaller, more frequent feeds may help as might keeping her more upright after feedings. Remember that babies need only breast milk or formula at this time.

Sleep:

Continue to try to put her down to sleep while she is somewhat awake. Fussing for 10-15 minutes will not hurt her and helping her learn how to get herself to sleep is an important skill. You may try propping the crib mattress or having her sleep in her car seat or bouncy in the crib as she does not like lying flat. There is a narrow window of time in which your baby will go to sleep easily (usually when they get that sleep look in their eyes). If you wait until they are over-tired and crying from fatigue, they will fight sleep (tired=wired) as the adrenaline from crying wires them up. With practice, you will get better at deciphering when she is ready for sleep.

Safety:

Make sure you have a working smoke detector on each floor of your house, and a carbon monoxide detector by your furnace and 1 where you sleep (simple, and life-saving). It is also good to keep your hot water heater between 120 and 125 deg. to avoid scald injury.

Skin Care:

You may use lotion on her skin regularly, and we recommend Aveeno or other mild lotion. Baths are ideally every other day but lotion her up right away after a gentle towel dry. This is often a great time for a little infant massage. If his lips are dry or he gets little sucking blisters, vaseline can be helpful. Diaper rashes are also quite common. Change diapers right away after stooling to avoid rash. Avoiding wipes can also go a long way in preventing diaper rash. (Just use a soft, heavy paper towel or washcloth and water). Vaseline, Crisco, or Desitin form good barriers to help the skin heal. If the rash is bright red with pimple-like spots, this may be a yeast rash and will respond well to an anti-fungal cream like Lotrimin AF. We also recommend our "Magic Butt Cream" concoction which includes equal parts of Desitin, Maalox, and Lotrimin AF.

Daycare:

If you are returning to work soon, start preparing now. If you are nursing, start storing breast milk in the freezer (usually 2-3 oz portions work well). Remember the rule of 3's: 3 months in the freezer, 3 days in the fridge, 3 hours at room temperature. (If you have an upright freezer, the milk can go 6 months). The best time to pump is in the morning when your supply is the greatest, or if your baby prefers one side, pump the other at the same time. Remember to start a bottle now if you haven't already and keep it up at least twice a week to maintain that skill. When starting back to work, consider half days for the first day or two to make the transition easier on you and your baby.