

1 Month Visit

Feeding

- ★ Burp your baby during natural *feeding* breaks; If baby is gassy or spits up often, burp more frequently, keep him upright for 30 minutes after feeding, and offer smaller, more frequent feeds.

If Breastfeeding:

- ★ Feed your baby on demand generally every 1 to 3 hours during the day and every 3 hours at night.
- ★ Continue to take your prenatal vitamin with iron.

If Formula Feeding...

- ★ Aim for 24 to 27 oz of formula a day. If your baby is still hungry, you can feed them more.

Supplements

- ★ All babies need Vitamin D supplement (400 IU) per day unless they receive 32 ounces or more of formula.
- ★ No other medications or supplements should be given without discussion with your PCP.

Bowel movements

- ★ Stool can vary in color and consistency. Any shade of yellow, brown, or green is normal!
 - If the baby is given supplemental iron, the stools may turn dark brown.
 - If you notice blood, mucus, or water in the stool, call your pediatrician.
- ★ By three to six weeks of age, some breastfed babies may have only one bowel movement a week.
- ★ If your baby is formula-fed, she should have at least one bowel movement a day.
- ★ For both breast fed and formula fed, if your baby is having less frequent stools than expected, stool is hard, baby seems fussy or straining to go, she may be constipated – call the pediatrician.

Care, Safety, Sleep

- ★ Put them on their tummy for a few minutes at a time when they are awake. Never leave them alone on their tummy or use tummy time for sleep.
- ★ If you need to take your baby's temperature, use a rectal thermometer. A fever is considered 100.4°F/38.0°C or higher. Call your health care professional if you have any concerns.
- ★ If you (parent) feel sad or very tired for more than a few days, let your health care professional know or call someone you trust for help.
- ★ Use only a rear-facing car seat in the back seat of all vehicles and never leave the baby alone in the car.
- ★ Always put your baby to sleep on their **back** in their own crib, without pillows, stuffed toys, bumpers, or loose bedding, and make sure the crib/basinet meets the most recent safety guidelines. Your baby should sleep in your room until they are at least 6 months old.
- ★ Always keep a hand on your baby when changing diapers or clothing on a changing table, couch, or bed. Place them in a safe place like a crib or playpen when you can't hold them.

- ★ Learn infant CPR. Know emergency numbers. Prepare for disasters or other unexpected events by having an emergency plan.

What vaccines will be due at my baby's 2-month visit?

- ★ Rotateq (Rotavirus vaccine – oral vaccine)
- ★ Vaxelis (DTaP, Hib, Polio, and Hepatitis B combination vaccine – injection)
- ★ PCV13 (Pneumococcal vaccine - injection)

Helpful Resources:

- National Domestic Violence Hotline: 800-700-7233
- Smoking Quit Line: 800-784-8669
- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org/>