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### **Baby Business (A publication of Concord Children's Clinic) – 1 Month Edition**

1 month edition: This month's baby business will discuss what parents should expect when the baby is around 1 month old.

#### **Immunization**

Immunizations or 'shots' are available at our office or the Health Department.

#### **Nutrition**

- You may continue to breast feed or formula feed your baby on a demand schedule. However, attempting to feed your baby every 3-4 hours during the day may help to promote a routine for longer sleep periods at night.
- Weight gain is very fast at this age: most babies will gain about an ounce a day.
- Breast milk or formula is the only nutrients needed at this age. Vitamin D Supplement is recommended for exclusively breastfed babies.
- A relief bottle can be offered at this age without endangering nursing.
- Spitting up during and after feeding is common and occurs more frequently when the baby feeds vigorously.
- Your baby's stool pattern will remain loose and variable at this age.

#### **Sleep**

We recommend that your baby sleeps on his/her **BACK**. Do not let your baby sleep on soft surfaces, such as a waterbed, fluffy blanket, or anything that is soft enough to cover the face and block air to the nose and to the mouth. Avoid over bundling as well. This has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS or crib death).

- Your baby will eventually sleep through the night, probably between the ages of 2 and 6 months.
- Hold your baby a lot, babies need this.
- Sleep cycles last about 3 hours but vary among babies.
- Try to rest when your baby rests.

#### **Crying**

Infant crying spells often increase at this age; feeding and sleeping may be the only quiet time for your baby.

- Close interactions such as holding, rocking, playing, talking and visual stimulation are needed to help promote your baby's growth and development.
- Please do not let your baby cry more than 15-20 minutes without attention and **NEVER** shake your baby.

#### **Fever**

Be sure you know how to take your baby's temperature correctly. If you have any questions on the proper way to do this, please ask the provider.

- Rectal temperatures are the most accurate and should be used for this age.

- A rectal temperature of 100.4 degrees F or greater is considered fever.
- Fever may be the only sign of a serious illness in a baby less than 3 months old.
- Please call our office **IMMEDIATELY** if your baby has a temperature greater than **100.4** degrees F

### **General Safety**

**NEVER** leave your baby unattended on a bed, changing table, during bath time or other places where he/she can fall off and be injured. Also **NEVER** hold your baby while carrying hot foods or liquids.

### **Car Safety**

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- Make sure that your baby's car seat is installed correctly.
- For this age, car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.
- Never leave your baby in the car **ALONE**.

### **Hot Water Safety**

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F**.

- If you need to change the water temperature in your home, please ask the provider for instructions on how to do this.
- If your baby gets burned, **IMMEDIATELY** put cold water on the burned area and call our office.

### **Cigarette Smoke Exposure**

**DO NOT** let anyone smoke in your house or car.

- Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma and SIDS (crib death).
- We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

### **Home Smoke Alarms**

Be sure to have a correctly working smoke alarm in your home.

- Test the batteries in your smoke alarm **MONTHLY**.
- Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

### **CPR**

Please take a CPR course at your local Red Cross, YMCA or college.

### **Poison Control**

Keep the poison control # posted by your telephone. **1-800-222-1222**

### **Next Checkup: 2 MONTHS**

Your baby's next checkup is at 2 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9 and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on check ups and immunizations is one of the best things you can do for your baby's health.