1 Month Well Child Care

PHYSICAL DEVELOPMENT:

The 1 month old should be able to lift the head briefly when lying on the stomach, should startle to sounds, and moves both arms and legs equally. The baby can grasp tightly with a fist.

EMOTIONAL DEVELOPMENT:

At 1 month, babies sleep most of the time, indicate needs by crying, and quiet in response to parent's voice.

SOCIAL DEVELOPMENT:

The baby enjoys looking at faces and follows movement with the eyes.

MENTAL DEVELOPMENT:

At 1 month, the baby responds to sounds.

IMMUNIZATIONS:

At the 1 month visit, the health care provider may provide a 2nd dose of Hepatitis B **if the mother tested positive for Hepatitis B** during pregnancy. The other vaccines can be given no earlier than 6 weeks. These vaccines include the 1st dose of DTaP (diphtheria, tetanus, and pertussis-whooping cough); a 1st dose of Haemophilus influenzae type b (HIB); a 1st dose of pneumococcal vaccine; and, a 1st dose of the inactivated polio virus (IPV). Some of these shots may be given in the form of combination vaccines. In addition, a 1st dose of oral Rotavirus vaccine may be given between 6 and 12 weeks. All of these vaccines will typically be given at the 2 month well child check.

TESTING:

The health care provider may recommend testing for tuberculosis, based upon exposure to family members with TB, or repeat metabolic screening (state infant screening), if initial results were abnormal.

NUTRITION AND ORAL HEALTH

- Breastfeeding is the preferred feeding for babies at this age and is recommended for at least 12 months, with exclusive breastfeeding (no additional formula, water, juice, or solids) for about 6 months. Alternatively, iron-fortified infant formula may be provided if the baby is not being exclusively breastfed.
- Most 1 month olds feed every 2-3 hours during the day and night.
- Babies who take less than 16 ounces of formula per day require a vitamin D supplement.
- Babies less than 6 months of age should not be given juice.
- The baby receives adequate water from breast milk or formula, so no additional water is recommended.
- Babies receive adequate nutrition from breast milk or infant formula and should not receive solids until about 6 months. Babies who have solids introduced at less than 6 months are more likely to develop food allergies.
- Clean the baby's gums with a soft cloth or piece of gauze once or twice a day.
- Toothpaste is not necessary.
- Provide fluoride supplements if the family water supply does not contain fluoride.

DEVELOPMENT

- Read books daily to your child. Allow the child to touch, mouth, and point to objects. Choose books with interesting pictures, colors, and textures.
- Recite nursery rhymes and sing songs with your child.

SLEEP

- Place babies to sleep on the back to reduce the change of SIDS, or crib death.

- Pacifiers may be introduced at 1 month to reduce the risk of SIDS.
- Do not place the baby in a bed with pillows, loose comforters or blankets, or stuffed toys.
- Most children take at least 2 to 3 naps per day, sleeping about 18 hours per day.
- Place babies to sleep when drowsy, but not completely asleep, so the baby can learn to self soothe.
- Encourage children to sleep in their own sleep space. Do not allow the baby to share a bed with other children or with adults who smoke, have used alcohol or drugs, or are obese. **Never** place babies on water beds, couches, or bean bags, which can conform to the baby's face.

PARENTING TIPS

- Babies this age can not be spoiled. They depend upon frequent holding, cuddling, and interaction to develop social skills and emotional attachment to their parents and caregivers.
- Place the baby on the tummy for supervised periods during the day to prevent the baby from developing a flat spot on the back of the head due to sleeping on the back. This also helps muscle development.
- Use mild skin care products on your baby. Avoid products with scent or color, because they may irritate baby's sensitive skin.
- Always call your health care provider if your child shows any signs of illness or has a fever (temperature higher than 100.4° F (38° C)). It is not necessary to take the temperature unless the baby is acting ill. Do not treat with over the counter medications without consulting your health care provider. If the baby stops breathing, turns blue, or is unresponsive, call your local emergency services (911 in the U.S.).
- Talk to your health care provider if you will be returning back to work and need guidance regarding pumping and storing breast milk or locating suitable child care.

SAFETY

- Make sure that your home is a safe environment for your child. Keep home water heater set at 120° F (49° C).
- Provide a tobacco-free and drug-free environment for your child.
- Do not leave the baby unattended on any high surfaces.
- The child should always be restrained in an appropriate child safety seat in the middle of the back seat of the vehicle, facing backward until the child is at least one year old **and** weighs 20 pounds or more. The car seat should never be placed in the front seat with air bags.
- **Equip your home with smoke detectors and change batteries regularly!**
- Keep all medications, poisons, chemicals, and cleaning products out of reach of children.
- If firearms are kept in the home, both guns and ammunition should be locked separately.
- Be careful when handling liquids and sharp objects around young babies.
- Always provide direct supervision of your child at all times, including bath time. Do not expect older children to supervise the baby.
- Be careful when bathing the baby. Babies are slippery when wet.
- At 1 month, babies should be protected from sun exposure by covering with clothing, hats, and other coverings. Avoid going outdoors during peak sun hours. If you must be outdoors, make sure that your child always wears sunscreen which protects against UV-A and UV-B and is at least sun protection factor of 15 (SPF-15) or higher when out in the sun to minimize early sun burning. This can lead to more serious skin trouble later in life.
- **Know the number for poison control in your area and keep it by the phone or on your refrigerator.**

WHAT'S NEXT?

Your next visit should be when your child is 2 months old.

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