

## SUBURBAN PEDIATRIC ASSOCIATES, INC.

### Well Child Care at 1 Month

#### Feeding

By 1 month of age, breast feeding has become better established and feedings are more regular and less frequent (approximately every 3-3 ½ hours). Occasionally the baby may go 3 – 4 hours between feedings but they are still around the clock. A supplementary bottle (either expressed breast milk or formula) may be offered once daily or once every other day. This allows dad or others to feed the baby and assures a familiarity with the bottle. No juice or water is needed yet. Babies who are exclusively breastfed will need a vitamin supplementation.

Formula feedings also will be more regular (approximately every 4 hours) by 1 month. Remember not to use the microwave to heat bottles. For both bottle and breast feedings the baby is now better able to coordinate sucking, swallowing, breathing, and there should be less air swallowing, burping, and hiccoughing at this time.

In all cases, demand feedings or feeding the baby when he gives you cues he is hungry, is better than rigidly scheduled feedings.

Weight gain is now approximately 1 – 1 ½ ounces per day. Stools will begin to firm up, slow down, and darken after 1 month.

#### Sleep

There is still no day/night difference as the 1 month continues to sleep off and on for 12 – 16 hours per day. The sleep-wake-feed cycle has begun to smooth out. Many infants exhibit a 10 – 15 minute period of fussiness as they settle down to sleep. This crying is normal. The baby should continue to sleep on his back.

#### Temperament

Temperament is still somewhat unpredictable but you should now be able to distinguish between hunger, discomfort, sleepiness, and excitement as the crying behavior (baby's first language) becomes better differentiated. Some infants show their personalities with a more intense demanding temperament or a quiet passive temperament at this time.

#### Immunization

The 2<sup>nd</sup> Hepatitis B vaccine (the 1<sup>st</sup> dose should have been given in the newborn nursery) will usually be given at the 1 month visit. Other immunizations will be given next month. Some infants will have some slight leg discomfort, but most have no problems.

#### Next Visit

**Your baby's next routine visit should be at the age of 2 months. At this time your child will get the next set of immunizations.**

## Normal Development: 1 Month Old

### Crying

- Has more established crying patterns for hunger, discomfort, excitement, and tiredness.
- Some babies at this age exhibit episodes of intense, inconsolable crying. These episodes may last for several hours and typically occur in the late hours of the day. This pattern of crying is known as colic. Coping with colic can be a challenge for parents and care givers. Simple remedies, such as providing a calm, quiet, darkened environment are the most helpful.

### Social

- Smiles readily when happy or content
- More sustained eye contact and social response.
- Follows with eyes
- Startles to loud sounds and turns in direction of sound.

### Motor

- Begins to put hands in mouth (may need to offer and encourage pacifier if sucking behaviors are pronounced)
- Raises head.
- Turns head side to side when on stomach.

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones. If you have any concerns related to your child's own pattern of development, please give us a call.