NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.℠

Helping Hand™

Well Baby Visit: One Month

Your baby is now 1 month old! The purpose of your visit today is to check your baby's weight and general health. We also want to make sure you have enough support and are not too overwhelmed. Many parents feel this age is more difficult than newborns. One month old infants spend more time awake than newborns, but that time awake is often at night! One month olds also cry more often than newborns. Don't worry. This will all correct itself over the next 1 to 2 months.

Picture 1 Mom with newborn.

Growth and Development

- At this age, babies are able to see a little bit more clearly and will try to look at you and follow moving objects with their eyes.
- One-month-olds will start smiling sometimes.
- When laid on the stomach your baby will be able to lift his head a little bit.
- It is never too early to talk to and read to your baby.

Nutrition

- Each baby is different. Try to learn your baby's "hungry" cry. Remember, not all crying means he is hungry. Your baby should still be eating every 2 to 3 hours.
- Most babies spit up a small amount after a feeding. If they seem to spit up a large amount, it may be related to the amount of breast milk or formula they are getting. It may help to feed smaller amounts more often. Talk with your doctor if your baby spits up large amounts with EVERY feed.
- Breastfeeding is still the preferred method of feeding. If you decide not to breastfeed or to stop breastfeeding, an iron fortified formula is recommended. Make sure you are preparing formula properly.
- Babies who are breast-fed need to be on liquid vitamins made just for babies. These can be bought over-the-counter or your doctor may be able to give you a prescription.
- Babies do not need any water or juice at this age. All of the nutrition and fluid they need is either breast milk or formula – around 20 to 26 ounces per day. Do not add cereal to the bottles.

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Safety

- ALWAYS place your baby on his back to sleep. Babies should start having "tummy time" while awake and supervised, but should always be on their backs to sleep.
- Lower your hot water heater temperature to 120 degrees. Hot bath water can burn an infant's skin at lower temperatures than an adult's. Always test the temperature of your baby's bath water before letting it touch his skin.

Other Issues

- Some babies do very well with routines. Try to start developing feeding and sleeping routines that are the same every day.
- Not smoking at all is preferred. If anyone smokes, it should be outside the house and **never around the baby**. Also, avoid smoking in the car, even with the window down.
- If you are interested in quitting smoking, your child's doctor can help guide you to a stop smoking program.

About this Helping Hand

At each visit, your doctor will talk with you about different aspects of your baby's development, growth, and safety – in order to ensure that your baby grows up healthy. These handouts were developed to reinforce the things your doctor will talk with you about at each visit. If you have any questions or concerns about your baby, please ask. We're here to help!

Other Helping Hands that may be useful:

Bottle Feeding: Formula Preparation, HH-IV-7

Breast-feeding Your Baby, HH-IV-69

Temperature: Oral, Rectal and Axillary, HH-II-27

SIDS Reduction (Safe Sleep Practices for Infants), HH-IV-69

Child Passenger Safety, HH-IV-14

Calming a Fussy Baby, HH-I-103