

1 Month Well Visit

What your baby may be doing now:

- Smile occasionally, not always social
- Able to focus on your face and follow (about 8-12 inches)
- Respond or startle to loud noises
- Spend less time in a curled position
- Early hair may fall out, acne may develop
- Lift head while on belly
- May have decreased frequency of stools, and over the next month, may even skip 3-4 days between bowel movements

Feeding:

- Breastfeed “on demand”- let your baby decide when and how long to nurse- he or she may become more efficient, and take less time to feed now.
- If using formula, the goal is for 8-12 feeds daily. Increase the volume as needed. Be sure to follow the instructions for mixing formula.
- Growth spurts may occur from any time between 2 and 6 weeks.
- Your baby does not need water or any supplement other than breast milk or formula.
- Do not give baby honey in the first year of life

Safety

- Place baby to sleep on his back (not on side or stomach)
- Use a firm sleeping surface, without bumpers, pillows, comforters, stuffed animals or soft bedding
- Use a rear-facing car seat for every ride
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns

- Protect baby from direct sun exposure
- Always wash your hands before feeding baby and after changing diapers
- Avoid exposing baby to large crowds or people who are ill
- Keep your baby dressed appropriately for the weather, ideally only ONE layer more than you are wearing

When to call the office:

- If your baby is vomiting, feeding poorly, having difficulty breathing, or has a rectal temperature over 100.4°F, he may be very ill- call us immediately
- For routine questions, or if you have other concerns, call us, or check out the [Pediatric Advisor](#) section on our website

What to bring to your visit:

- Baby’s insurance card- The baby will be covered under mother’s insurance until day 31 of life
- Plan to arrive early to your appointment- it always takes longer to leave the house with a newborn!

Vaccines

- [Hepatitis B #2](#)
- [PNP Vaccine policy](#)
- Be sure to get your flu shot so that you can protect your newborn from flu exposure.

Web Resources

- www.aap.org
- [Breast Feeding Information](#)
- [Colic Advice](#)
- [Spitting up in Infants](#)

- [Children's Hospital of Philadelphia
Vaccine Website](#)