



Information for 1 Month Well Visit

Fevers are an emergency at this age. A true fever for an infant is a temperature equal to or above 100.4 °F or 38 °C, or if a temperature is equal to or less than 96.8 °F or 36 °C. It is not recommended to routinely check your baby's temperature. Only check the temperature if you are concerned the baby is ill. Signs of illness include: feeling hot, excessive sleepiness, excessive crankiness, poor feeding, and less urine output. If your baby either has a temperature of 100.4 °F/38 °C or higher, or hypothermia with a temperature of 96.8°F/36 °C or less, call PNP immediately to get medical advice. Of note, rectal temperatures are most accurate. Most rectal thermometers come with detailed instructions, but generally you should insert the silver tip of the thermometer about ½ - 1 inch into the rectum. Do not give tylenol at this age without speaking to a pediatrician first.

Vaccine	Vaccine given at 1 month well visit	Vaccine to be given at 2 month well visit
Hepatitis B	2nd of 3 Hepatitis B vaccines	
Rotavirus		1st of 3 Rotavirus vaccines
Dtap		1st of 5 Dtap vaccines
IPV (polio)		1st of 4 IPV vaccines
Hib		1st of 4 Hib Vaccines
Prevnar		1st of 4 Prevnar Vaccines

Category of Milestones	Expected Milestones at the age of 1 months	Future skills expected at the age of 2 months
Social-Emotional	- Starting to smile randomly	- Calms down when spoke to or picked up - Looks at your face - Seems happy to see you when you walk up to her - Smiles when you talk to or smile at her
Language and Communication	- Coos and vocalizes	- Makes sounds other than crying - Reacts to loud sounds
Cognitive	- Turning to voice and sounds	- Watches you as you move - Looks at a toy for several seconds
Motor	- Developing head control when laying on belly	- Holds head steady and pushes up on elbow when on belly - Holds a toy when you put it in his hand - Uses arm to swing at toys and brings hands to mouth

Safety Tips and Recommendations

Sleep Safety	<ul style="list-style-type: none">- Put baby on their to sleep on back on a completely flat surface- No toys, blankets, pillows, stuffed animals or crib bumpers should be in the baby's sleep space- Never leave the baby sleeping in a baby swing unattended
Car and Outdoor Safety	<ul style="list-style-type: none">- Must be rear facing in the car in the back seat until at least 2 years of age.- Keep the baby out of direct sunlight. The baby is too young for sunscreen at this age.
Food Safety	<ul style="list-style-type: none">- Never give plain water at this age.- Follow guidelines for storage of breast milk and preparation of formula carefully- When making formula bottles from powdered products, be sure to always fill the bottle with the exact amount of water needed before adding the powder of formula into the bottle.
Indoor Safety	<ul style="list-style-type: none">- Start baby proofing the home! It is never too early. Cover outlets. Put up gates at the stairs.- Never leave the baby unattended on a raised surface (such as bed or sofa) due to fall risk

More on Safe Sleep

Tragically, between two and three thousand babies in the United States die unexpectedly while sleeping each year. Often their death is attributed to sudden infant death syndrome (SIDS) secondary to suffocation or strangulation. While there is no way to prevent SIDS, pediatricians and researchers have found safe sleep guidelines which dramatically reduce your child's risk of SIDS. The ABC's of safe sleep include: Alone, Back and Crib. Babies should always sleep alone in their own sleep space. Do not sleep in the same bed as the baby. Babies should always be placed on their back. Placing children on their back to sleep reduces the risk of SIDS by 50 %. And conversely, placing your infant on their belly to sleep doubles the risk for SIDS. Finally, babies should sleep on an entirely flat surface, such as a crib or bassinet that meets current standards. Keep the sleep space completely free of loose blankets, bumpers, and toys. Other preventative measures against SIDS include not overheating/overdressing the baby, not overheating the baby's sleeping room, not smoking while pregnant, not smoking around the baby and breastfeeding. Use of a pacifier has also been shown to reduce the risk for SIDS.