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ONE MONTH

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT: _____ lbs _____ oz _____ %
 LENGTH: _____ inches _____ %
 HEAD CIRC: _____ cm _____ %



FEEDING: breast/formula feedings will increase in volume and decrease in frequency (expect 3-4 oz every 3-4 hours or 10 minutes of breast feeding on each side every 3-4 hours). If you are using powdered formula, tap water is best because of the extra fluoride. Exclusively breast fed babies should be getting a vitamin D supplement. Babies get all their nutrition from formula and breast milk, extra water or other liquids are NOT recommended.



SLEEPING: You may notice your baby becoming more fussy at this time. They are more alert now and may be harder to soothe. Try to be flexible and don't try to adhere to a set 'schedule' yet. Expect at least 2-3 night wakings for feeds. Avoid co-sleeping.



IMMUNIZATIONS: none



DEVELOPMENT:

- Smiles & coos
- lifts head while lying on belly
- eyes track to the midline



SAFETY:

- never leave baby unattended on unsupported surfaces
- continue tummy time
- Practice reading to the baby to encourage good routines
- Bathe every 2-3 days



Colic (or fussiness) may increase around this time. Be patient with your baby and take this time to observe and learn their patterns, this will get better. This is also a time where moms tend to feel overwhelmed at home in their new role. If you are having a difficult time adjusting or are feeling depressed, let us know. This is EXTREMELY common and there is help for you.



NEXT VISIT: 2 months