

# YOUR NEWBORN TO 1 MONTH OLD

## POINTS TO REMEMBER

### SAFETY

- **ALWAYS WASH** your hands before preparing food, after changing diapers, or using the bathroom to prevent your baby from getting infections.
- **ALWAYS PLACE** your baby on his/her **BACK TO SLEEP**, unless instructed not to do so by your health care provider.
- **ELIMINATE** tobacco smoke in your infant's environment (daycare, babysitter, relative, etc.). Make your home and car a no-smoking zone.
- **ALWAYS** use an infant seat and **BUCKLE** your baby in the seat correctly. Place the infant seat in the back seat, facing the rear of the car.
- **TO PROTECT** your baby in the first month of life, do not let her be handled by many people. Avoid crowded places, overdressing, and exposure to very hot or cold temperatures.
- **AVOID** overheating your baby by dressing him/her with **TOO MANY** clothes or **APPLYING** too many blankets.
- **NEVER** leave your baby **UNATTENDED** in a vehicle. **NEVER** leave your baby alone with pet or other young children.
- **TAKE** your baby to a health-care provider's office for **REGULAR** well childcare and immunizations.
- **EARLY SIGNS** that your baby may be ill are fever, vomiting diarrhea, or failure to eat. If your baby has any of these signs, h/she needs to be **TAKEN** to your health care provider for evaluation and treatment.
- **DO NOT** take your baby's temperature by ear or mouth until she is 4 years of age. Taking your baby's temperature rectally is preferred. A rectal temperature of 100.4 degrees Fahrenheit is considered a fever.
- **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year in the spring and fall when the time changes.
- **DON'T ALLOW** your baby to ride in vehicles if you suspect the driver has been using alcohol or drugs. **NEVER ALLOW** anyone who is drinking or using drugs to babysit with your baby.
- **DON'T** leave your baby alone in a tub of water, or on high places (i.e. changing tables, beds, sofas, or chairs). **ALWAYS** keep one hand on your baby.
- **DON'T** drink hot liquids or smoke cigarettes while holding your baby.
- **MOST** medications are compatible with breastfeeding, but check them individually with your nurse or health care professional.

## **NUTRITION**

- **EXCLUSIVE** breastfeeding continues to be the baby's best source of nutrition during the first 4 to 6 months of life.
- **IF YOU ARE BOTTLE FEEDING** your baby, feed your baby iron-fortified formula. **DO NOT** heat your baby's bottle in a microwave.
- **DO NOT** feed your baby by **PROPPING** a bottle in his/her mouth. This puts your baby at risk for choking, ear infections, and early childhood dental caries.
- **HEALTHY** babies **DO NOT** require extra water, as breast milk and formula (when properly prepared) are adequate to meet the newborn's fluid needs.
- **EXPECT** your baby to gain 2 pounds the first month. **ASK** your health care provider about the WIC program.

## **CARE and INTERACTIONS**

- **NURTURE** your baby by holding, cuddling, talking, singing, and rocking him/her.
- Spend time **PLAYING** and **TALKING** with your baby during his/her quite/alert times.
- When your baby cries, he/she can usually be **CALMED DOWN** by being spoken to or held. There may be times when you will not be able to stop your baby from crying no matter what you do (have **PATIENCE**, after some time, he/she will calm down).
- Your baby should be soiling, (**WETTING**), 5 to 6 diapers a day and stoking 3 or 4 times a day and gaining weight appropriately. The number of bowel movements may decrease and by 6 weeks, breastfed infants may have stools as infrequently as every 3 days.
- **TAKE TIME** for yourself and spend some individual time with your partner, friends and family members.
- **AVOID** socially isolating yourself.

## **GROWTH and DEVELOPMENT**

The following milestones are typical for babies as they develop:

### **A 1 MONTH OLD CHILD**

- **MOVES** both arms and legs.
- **RESPONDS** to sounds by blinking, crying, or startled movements.
- **LIFTS** head for short time when on stomach.
- **LOOKS** at faces and follows movements with eyes. **HAS** started to smile.
- **MAKES** throaty noises.