

ONE MONTH

At one month, your baby may:

- Recognize familiar voices.
- Lift their head briefly when lying on their stomach.
- Cry when hungry, wet, or lonely.
- Stay awake for more than an hour.
- Move arms and legs around.
- Make sounds other than crying, such as cooing.
- Look at faces and follow them with his/her eyes.

Things to do together:

- Use your baby's name when you talk to him/her.
- Talk and sing to your baby.
- Carry him around with you.
- When your baby coos, talk back to him/her.
- Give your baby lots of hugs and smiles.
- Start taking baby outside for walks.

What you can do:

- Accept help from others.
- Schedule your own post-partum check up.
- Learn ways to cope with your baby's crying.
- For help at any time, call the Parental Stress Line at 1-800-632-8188.

Anticipatory Guidance (Do's and Don'ts):

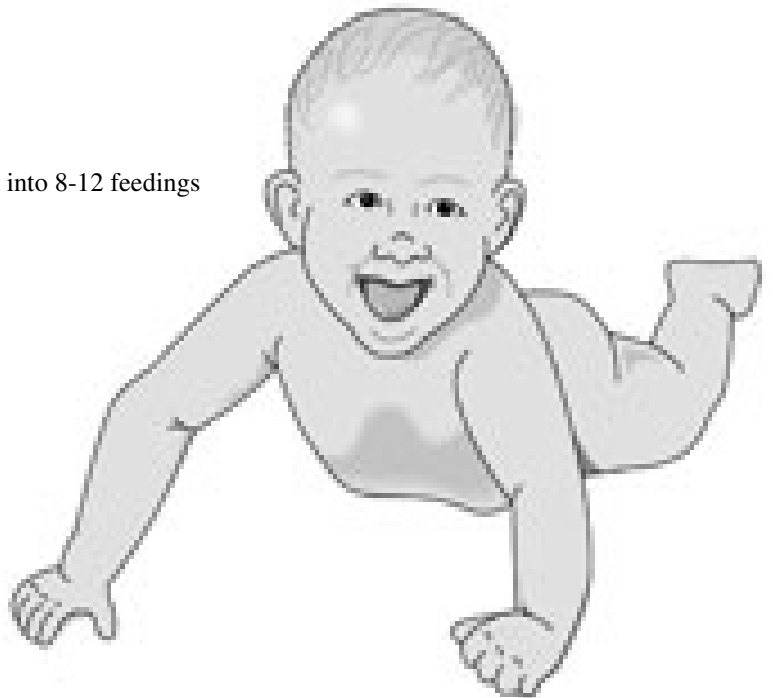
- Do put baby to sleep on back. Encourage tummy time when awake.
- Do use a car seat for your baby, facing rear.
- Do install a smoke detector in the house; check batteries regularly.
- Do use protective clothing and sunscreen when going outside.
- Don't leave baby unattended where he/she can fall.
- Don't boil or sterilize bottles, this is unnecessary.
- Don't expose your baby to tobacco smoke.
- Don't ever hit or shake your baby.

Feeding:

- Avoid Honey until 1 year of age.
- **Breast Milk**: Frequent feedings (8-12).
- **Iron Fortified Formula**: 16-32 oz divided into 8-12 feedings
- **Cereals/Breads**: none
- **Fruit**: none
- **Vegetable**: none
- **Protein Foods**: none
- **Fruit Juice**: none

Call your doctor if your baby:

- Is not feeding well
- Not wetting as many diapers as usual
- Has a fever
- Seems lethargic



At the next visit, your baby should receive the following vaccines:

- 1) **Pentacel**: provides protection against Diphtheria, Tetanus, Pertussis, Polio, and Haemophilus Influenza Type B. Unvaccinated people can get:
 - Diphtheria from contact with an infected person. It can cause a thick covering in the back of the throat that can make it hard to breathe. It can lead to breathing problems, heart failure, and death.
 - Tetanus from a cut or wound. Does not spread from person to person. It can cause painful tightening of the muscles, usually all over the body. It can lead to stiffness in the jaw, making a person unable to open their mouth or swallow. This can lead to death in 1 out of 5 cases.
 - Pertussis from contact with an infected person. It can cause violent coughing spells that can make it hard for an infant to eat, drink, or breathe. These spells can last for weeks. It can lead to pneumonia, seizures, brain damage, and death.
 - Polio from close contact with an infected person. It enters the body through the mouth. It can cause cold-like symptoms, or no symptoms at all. It can lead to paralysis (inability to move arms/legs), or death (by paralyzing breathing muscles)
 - Haemophilus Influenza Type B from contact with an infected person. In mild cases, there may be no signs or symptoms. It can lead to meningitis (infection of the brain and spinal coverings), pneumonia, infections of blood, joints, bones, and covering of the heart; brain damage; deafness; death.
- 2) **Prevnar**: provides protection against Pneumococcal infections. Unvaccinated people can get:
 - Pneumococcal infections from contact with an infected person. It can cause fever, chills, cough, and chest pain. It can lead to meningitis, blood infections, ear infections, pneumonia, deafness, brain damage, and death.
- 3) **Hepatitis B**: provides protection against Hepatitis B. Unvaccinated people can get:
 - Hepatitis B from contact with blood or body fluids of an infected person. Babies can get it at birth if their mother is infected, or through a cut or a wound. Adults can get it from unprotected sex, sharing needles, or other exposures to blood. It can cause tiredness, diarrhea and vomiting, jaundice (yellow skin or eyes), and pain in the muscles, joints, and stomach. It can lead to liver damage, liver cancer, and death.

Next Visit: in 1 month (age 2 months)

