

## 1 Month Well Visit

### *What your baby may be doing now:*

- Smile occasionally
- Able to focus on your face and follow
- Respond or startle to loud noises
- 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, feed your baby 2-4 ounces every 2-4 hours- increase as needed. Be sure to follow the instructions for mixing formula.
- 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 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

### *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- call your insurance company well before your appointment to make sure your baby has been added to your plan.
- 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 this fall so that you can protect your newborn from flu exposure.

### *Web Resources*

- [www.aap.org](http://www.aap.org)
- [www.breastfeeding.com](http://www.breastfeeding.com)
- [Colic Advice](#)
- [Spitting up in Infants](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)

