



1 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Feed 8 or more times daily. Do not prop any bottles if used. Vitamin D is recommended for breastfed babies. When breastfeeding is going well, you can offer a bottle or pacifier.

Development: Improving eye contact, tracking, holding their head up, grasping; watch for coos and smiles in the next few weeks. Read, sing and talk together, and incorporate tummy time. Babies tend to cry more around 3-6 weeks of age.

Safety: Keep the car seat rear-facing until 2 years of age. Never leave your baby unattended on a changing table or with siblings. Put baby to sleep on their back; keep soft objects, loose blankets and bumper pads out of the crib. Avoid exposure to smoke. Set your hot water heater less than 120 degrees.

Baby Care: Call the office if your infant has a rectal temperature of 100.4 or higher - fevers in newborns are serious. Anyone who touches the baby should wash their hands first. Avoid groups of people and sun exposure.

Feelings: It's normal to be tired, but call for help if you feel sad for multiple days, are having difficulty coping, or don't have opportunity to take care of yourself.

Immunizations: Hepatitis B if not already given.

Medication: Call the office if you think your baby needs Tylenol.

Next visit: **2 months old**