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Well Child TIPS FOR TAKING CARE OF YOUR 1-MONTH-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

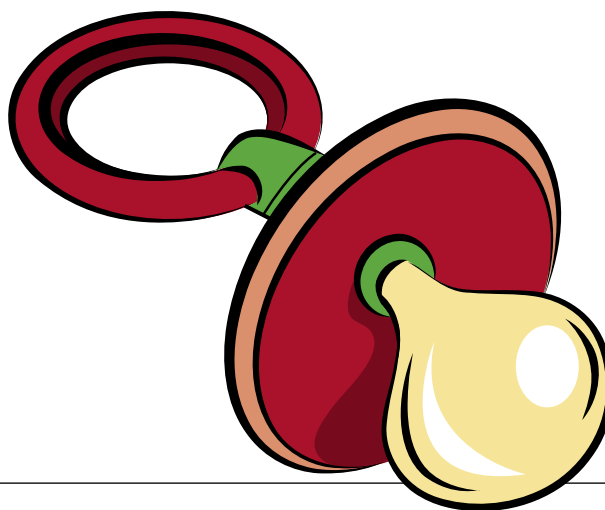
- If a car has a passenger-side air bag, you must put your baby's safety seat in the back seat. Air bags will injure a rear-facing baby in the front seat.
- Make sure your baby is properly buckled in a child safety seat every time he rides in a car.
- If your baby's child safety seat is involved in a crash, there can be damage that you cannot see. You must replace the seat.
- Never leave your baby alone in a car — even for two or three minutes.
- Avoid using necklaces and ribbons to hold your baby's pacifier. The necklace or ribbon could wrap around his neck and choke him.
- Do not leave other children or animals alone in the same room with your baby. Even well-meaning children and good pets can get rough and hurt an infant.
- Take a cardiopulmonary resuscitation (CPR) course at the American Red Cross, the American Heart Association or Children's Healthcare of Atlanta. It could help you take care of your child if he stops breathing.
- Put a smoke alarm and a carbon monoxide detector in the hallway outside your bedroom and on every level of your home. Check the batteries monthly and change them twice a year or as often as the instruction manuals indicate.

NUTRITION

- If you are breast-feeding your baby and plan to go back to work soon, give him his first bottle a few weeks in advance. This will give him time to adjust to the change.
- Do not put your baby down to sleep with a bottle. It could give him an earache, make him choke or give him baby bottle tooth decay.
- The amount of breastmilk or formula your baby takes depends on him. How old he is, how fast he's growing, how active he is, how his body works, all play a part in

how much he needs. Here are some typical daily amounts: birth to 1 month = 14-28 ounces; 1-2 months = 23-34 ounces; 2-3 months = 25-40 ounces. How much he eats will vary from one day to the next. Some days he may take more than the highest amount.

- Formula not consumed within an hour of a feeding should be thrown away because of the danger of bacterial growth.
- Respect your baby's cues (slowing down sucking, turning away and sealing his lips all show that he is getting full). Do not try to get him to take more when he shows you he is full.
- Do not give your baby cereal or other food. Most babies are not ready for solids until they are approaching 6 months.
- According to the American Academy of Pediatrics: "Exclusive breast-feeding is ideal nutrition and sufficient to support optimal growth and development for approximately the first six months after birth. Gradual introduction of iron-enriched solid foods in the second half of the first year should complement the breastmilk diet. It is recommended that breast-feeding continue for at least twelve months and thereafter for as long as mutually desired."



DEVELOPMENT

- Your baby probably knows the sound of your voice. Talk to him a lot, even though he cannot understand you. It is the best way to help him learn to talk.
- Sometimes your baby needs to be held to feel safe and secure. Hold him up on your level to give him a better view.
- One-month-old babies should begin to hold up their heads. Still, be sure to support your baby's head and neck to avoid injuries.
- Your baby can now see color and he likes it! Give him a lot of bright colors to look at in every room.
- Help your baby learn day from night. If he sleeps more than four hours during the day, wake him to feed him. If he is too sleepy to wake up, try wiping his face with a cool washcloth or tickling his feet. By staying awake longer during the day, he will learn to sleep longer at night. New babies may sleep 12 to 20 hours a day.

PARENTING

- Newborn babies may cry a lot, sometimes up to three hours a day. They need you to hold them and make them feel better. If your baby cries all day long, he may have colic. Ask your child's healthcare provider about colic if your baby seems really unhappy.
- Before leaving your baby with anyone else, make sure it is someone you trust and who feels comfortable caring for a newborn. Always let a baby sitter know how to find you in case of an emergency.
- It is normal for brothers and sisters to feel a little jealous of a new baby. Try to spend extra time with older children and let them help you. This will make them feel special and needed.
- Taking care of a newborn takes a lot of time. Try not to be upset if you cannot do all the laundry or make dinner every night. Ask family members or friends to help you.
- Never give medicine, even for pain or fever, to your young infant without consulting his healthcare provider first.

NEXT VISIT

Until your next appointment, you may call your child's healthcare provider if you have any questions about keeping your baby safe and healthy. If your child's healthcare provider is unavailable, call the Children's Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children's Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child's healthcare provider.