



## Parent Handout One Month Well Visit



Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_ Head Circumference \_\_\_\_\_ Temp \_\_\_\_\_

### How You Are Feeling

• Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup. • Call for help if you feel sad or blue, or very tired for more than a few days. • Know that returning to work or school is hard for many parents. • Find safe, loving child care for your baby. You can ask us for help. • If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

### Getting to Know Your Baby

• Have simple routines each day for bathing, feeding, sleeping, and playing. • Put your baby to sleep on his back. • In your room. • Not in your bed. • In a crib, with slats less than 2 3/8 inches apart. • With the crib's sides always up. • If using a playpen, make sure the weave is less than 1/4 inch and never leave the baby in it with the drop side down. • Hold and cuddle your baby often. • Tummy time—put your baby on his tummy when awake and you are there to watch. • Crying is normal and may increase when your baby is 6–8 weeks old. • When your baby is crying, comfort him by talking, patting, stroking, and rocking. • *Never shake your baby.* • If you feel upset, put your baby in a safe place; call for help.

### Safety

• Use a rear-facing car safety seat in all vehicles. • Never put your baby in the front seat of a vehicle with a passenger air bag. • Always wear your seat belt and never drive after using alcohol or drugs. • Keep your car and home smoke free. • Keep hanging cords or strings away from and necklaces and bracelets off of your baby. • Keep a hand on your baby when changing clothes or the diaper.

### Your Baby and Family

• Plan with your partner, friends, and family to have time for yourself. • Take time with your partner too. • Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you. • Join a new parents group or call us for help to connect to others if you feel alone and lonely. • Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home. • Prepare for an emergency/illness. • Keep a first-aid kit in your home. • Learn infant CPR. • Have a list of emergency phone numbers. • Know how to take your baby's temperature rectally. Call us if it is 100.4°F (38.0°C) or higher. • Wash your hands often to help your baby stay healthy.

### Feeding Your Baby

• Feed your baby only breast milk or iron fortified formula in the first 4–6 months. • Pat, rock, undress, or change the diaper to wake your baby to feed. • Feed your baby when you see signs of hunger. • Putting hand to mouth • Sucking, rooting, and fussing • End feeding when you see signs your baby is full. • Turning away • Closing the mouth • Relaxed arms and hands • Breastfeed or bottle-feed 8–12 times per day. • Burp your baby during natural feeding breaks. • Having 5–8 wet diapers and 3–4 stools each day shows your baby is eating well.

### If Breastfeeding

• Continue to take your prenatal vitamins. • When breastfeeding is going well (usually at 4–6 weeks), you can offer your baby a bottle or pacifier.

### If Formula Feeding

• Always prepare, heat, and store formula safely. If you need help, ask us. • Feed your baby 2 oz every 2–3 hours. If your baby is still hungry, you can feed more. • Hold your baby so you can look at each other. • Do not prop the bottle.

Poison Help: 1-800-222-1222

Infant's Tylenol dosage: \_\_\_\_\_ DO NOT GIVE MOTRIN UNTIL 6 MONTHS OF AGE!!