

Craig Ranch Pediatrics

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1 Month Old

What Your Baby Does at This Age

- When alert, watches your face and listens to your voice.
- Rolls part of the way from back to side.
- Communicates with you by crying when he's hungry, bored, or uncomfortable.
- Sleeps most of the day, waking every 2 to 3 hours to feed.

Tummy Time

- ❖ 5-6 times a day, place your baby on his/her tummy for tummy time. This activity strengthens muscles important in learning to hold his/her head up, rolling, sitting up and crawling. It will also prevent a misshapen head known as plagiocephaly. If your baby prefers to look to one side over the other, alternate which end of the crib you place your baby's feet. They will naturally look toward light or objects in different positions. Also, alternate her/his position when awake, when lying in your arms and during feedings.

Important Changes

- Your baby's vision is now under better control as his eye muscles develop. Because eye muscles are still unsteady, eye movements may be slightly uncoordinated some of the time. Baby starts making tears around 8-12 weeks.
- Personality starts to emerge. Some babies may be noisy and impatient, while others are quiet and easy-going.
- At the end of the month, first smiles begin to emerge in response to your talking, cooing and touching. Already, your baby is becoming a social creature.
- Your baby's feeding schedule becomes more regular as the weeks pass.

How to Support Development

- Make lots of faces at your baby. Imitate the faces and sounds he makes.
- Talk softly in your baby's ear. Play music.
- Hold your baby on your shoulder so he can see the world. Support his head as you hold him.
- Show your baby pictures and objects of simple shapes, bright colors and patterns, holding them 8 to 12 inches from his face.
- Place small mobiles or brightly patterned toys at the sides of his crib.
- Hold, caress, kiss, and cuddle your baby. Talk to him, calling him by name.

My Child's Temperature

We prefer you using a **rectal thermometer**, which has a stubby, rounded tip. Always coat the silver end with petroleum jelly or water-soluble lubricant before inserting. Hold the thermometer in place for one minute, then remove and read.

Call your doctor if your child has **fever of 100.5F (38.3C) or higher** taken by rectum. For a less than 2 month old baby you need to see the doctor and get your baby examined for a temperature of 100.5F or higher as they cannot curtail and fight infections very well.



Immunizations

The 2nd dose of the Hepatitis B vaccine will be given today.

The following vaccines will be given at the 2 months visit:

- Pentacel (Diphtheria, Tetanus, and Pertussis, Polio, Haemophilus Influenzae)

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- Prevnar (Streptococcus Pneumonia)
- Rotateq (Rotavirus vaccine).