

Your 1 Month Old



Normal Development –

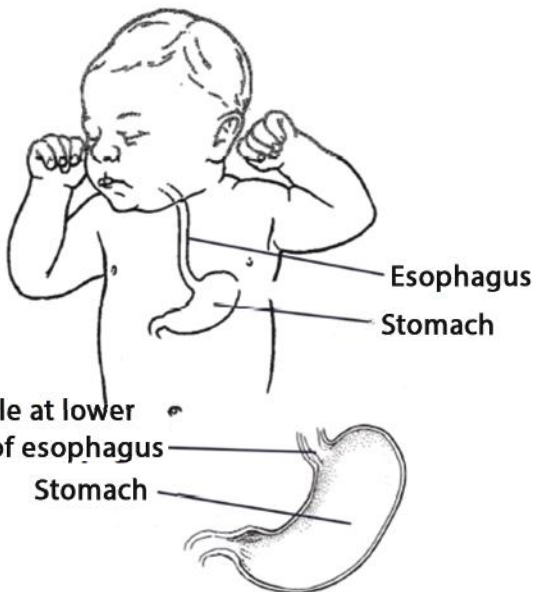
- Responds to parents' faces and voices
- Can lift head briefly when laying down
- Comforted by being held or talked to
- May start to smile at faces, especially mother's face

Feeding

- Breastfeeding every 2-4 hours
OR Formula 3-4 oz every 2-4 hours
- Vitamin D 400IU once daily until 6 months
and if breastfeeding continue to 1 year

Sleeping

- Babies at this age usually sleep 3-4 hours at a time.
- They can stay awake for about an hour at one time.



The Highlights!

- **Place your baby on their back to sleep**
- **Nothing in the crib** – no blankets, stuffed animals, pillows
- Breathable bumpers for crib – do not use regular soft bumpers.
- Swaddling for sleep: Most babies like to be swaddled until 8 weeks of age but **once they start to roll over or are close to it stop swaddling with arms in**
- **DO NOT** sleep with your baby in your bed. This greatly increases the risk of injury to your baby and SIDS (Sudden Infant Death Syndrome).
- Call for fever >100.4 (rectally)
- We strongly encourage the flu, COVID and pertussis vaccine for close contacts including parents, siblings and caregivers.

Spitting - is it normal?

Many babies spit up after feedings at this age because the muscle to hold food down is not strong yet.

- Burp gently and keep pressure off the tummy.
- Try keeping him upright in a bouncy chair for at least 30 minutes after feedings. Or put a rolled towel under the head of the mattress in the crib before lying him down.

Reasons for concern about spitting include:

Green vomit (call right away), projectile vomiting, trouble gaining weight, discomfort with frequent spitting or gagging between each feeding.

Some Helpful and Trusted Websites:

- [Healthychildren.org](https://www.healthychildren.org) (American Academy of Pediatrics)
- [Genesispediatrics.com](https://www.genesispediatrics.com) for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)

Next Visit:
See you in 1 month
for the 2 month visit!

Choosing the Right Child Care

Step 1: Interview caregivers

Call and ask about:

1. Cost and financial assistance
2. How many children do they care for
3. Number of adult staff
4. Meals and food they provide

Visit and look for:

1. A good relationship between staff and children
2. Happy, active children
3. Clean, safe center/home

Ask them:

1. Are parents allowed to visit their child during the day?
2. How do they discipline young children in their care?
3. How do they handle emergencies and illnesses?

Step 2: Check references

Talk with other parents who use the center and ask: Is the caregiver always reliable? Is their child happy there? Does the caregiver seem to respect their values and culture? Would they recommend the caregiver?



For Parents:

Don't smoke! Smoking around your baby, smoking in the car that they ride in or holding your baby with the smell of smoke on your clothes is not healthy for your baby. This exposes them to toxins and can lead to breathing problems, increase the risk of SIDS and ear infections.

New York States Smoker's Quitline

Free and Confidential
Tobacco-Free Coaching

Free Nicotine Replacement options
1-866-NY-QUITS (1-866-697-8487)
or www.nysmokefree.com



Q: How many things can you find in this picture to avoid having in your baby's crib?

A: Bumpers, blankets, pillows, stuffed animals

Safety:

Car Injuries

Make sure that your child is in the correct car seat (see car seat handout). Car seats must be rear facing in the back seat until at least 2 years of age.

Is the car seat installed correctly? To have this checked, call your local fire department.

Rolling: Make sure you are always holding onto your baby – don't leave them on a high surface alone!

Burns: Never carry your baby and hot liquids or food at the same time.

Consider taking an infant CPR class

Sleeping: Put your baby on their back to sleep. Never put your baby on a water bed, bean bag, pillow or anything soft enough to cover their face.

Siblings: Always watch siblings closely when they are with your new baby. Teach and show them how to be gentle.

Bath time safety:

Remember – Don't put your child in the bathtub while the water is running. Check the water with your elbow. Move it back and forth in the water to look for hot spots. Then put your child in the tub. Always stay with your child while they are in the water. It only takes seconds for babies to drown or burn themselves. Reduce the hot water temperature in your home to 120F.

Frequently Asked Questions...

1. Days and nights still a bit mixed up?

- Encourage your infant to wake every 2-3 hours (breastfed) or 3-4 hours (bottle) during the day.
- At night: Try waiting a few minutes rather than jumping up at the first sound. Sometimes an infant will fall back to sleep for a bit longer.
- Keep nighttime feeds quiet and dark
- Work on spreading out nighttime feedings by delaying the next feed 15 minutes every couple of nights

Nighttime is for sleeping not playing!



2. My baby's head looks flat!

- You may notice that your baby prefers to look to the same side or head is tilted (ear towards shoulder) most of the time.
- This causes the back or the side of the head to have a flattened spot.

Prevention:-

- **Alternate sides that the head is facing when eating or sleeping.**
- Make sure baby's head is positioned straight when seated.
- Provide tummy time each day when your baby is awake.
- The best success with treatment is quick action. (See right side of page for helpful stretches)

When to call:

If the flattened spot or looking to only one side lasts longer than a few days.

But I have another question!

For non-urgent questions contact us through the Patient Portal at genesispediatrics.com

3. Feeling overwhelmed, sad or blue?

Postpartum Blues:

For the first few weeks after childbirth, moms may feel angry with their new baby, partners or other children. Moms may cry for no clear reason, have trouble sleeping, eating or making choices or question if they can handle caring for their baby.

Postpartum Depression:

Intense feelings of sadness, anxiety or despair that prevent moms from doing daily tasks.

What causes Postpartum Blues or Depression?

Sharp changes in hormones in the hours after birth, previous history of depression, fatigue, lack of support from family or friends and just trying to adjust to having a new baby.

Help! I think I may be feeling this way!

Please make an appointment ASAP with your OB/GYN. Do not wait until your postpartum checkup to talk about it. There is help!



Exercise 1. Look towards one side.
Repeat on other side.



Exercise 2. Ear towards shoulder.
Repeat on other side.

Crying, Crying, Crying!



Help me with my crying baby!

- Crying is your infant's way of telling you many things: I need to be changed, fed, burped or held!
- Crying also helps babies soothe themselves.
- Babies can't be "spoiled" at this age, so if holding her works, go ahead!
- From 2-8 weeks of age some babies can have a fussy time in the evening that can last a few hours.



The Five S's: Steps to calming your baby like they are in the womb

The Happiest Baby on the Block

by Harvey Karp

1st: Swaddle - Swaddle baby for each time they sleep.

2nd: Side or Stomach position - Calm your baby on their stomach or side position. Once they fall asleep turn them on their back to sleep.

3rd: Shush - Loudly say "shhh" into your swaddled baby's ear as you hold them on their side or tummy.

4th: Swing - While holding your baby gently and slowly jiggle or "shiver", do not shake, moving back and forth no more than an inch in any direction.

5th: Suck - Give your baby a pacifier or finger to suck on.

Shaken Baby Syndrome

Never shake a baby, Never!

Q: What is Shaken Baby Syndrome?

A: A medical term for the injuries that result from shaking an infant or young child.

Q: What happens?

A: Sudden and repeated shaking moves the baby's brain in different directions against the inside of the skull. This causes injury to brain cells and blood vessels. The force of shaking a baby is 5-10 times greater than if your baby were to fall. These injuries can lead to brain swelling and damage, subdural hemorrhage, mental retardation, developmental delays, blindness, hearing loss, paralysis, speech and learning difficulties or even death.

Q: What leads to this happening?

A: It can be very overwhelming when a baby will not stop crying so parents and caregivers may accidentally shake them. Less often, shaken baby syndrome can occur when the parent/caregiver throws a small child in the air too vigorously, plays too rough or hits an infant too hard on the back.

Q: What can I do if my baby is crying?

A: 1. Try the suggestions for *The Happiest Baby on the Block* (left side of page).

2. Check to see if your baby is hungry or wet, give a pacifier.

3. Run a vacuum cleaner within hearing range of your baby.

4. Take your baby for a walk in their stroller or take them for a car ride.

5. Put your baby in their car seat, strapped in, on top of running clothes dryer and stay with your baby.

Q: What if that doesn't work?

A: If these suggestions do not work and your baby is not sick, **place your baby in a safe place like their crib. Leave the room and take a break.** Take some deep breaths, set a timer for 5 minutes and then come back to check on your baby. If possible, call someone to care for your baby for a while.

Hepatitis B Vaccine:

What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Hepatitis B vaccine can prevent **hepatitis B**.

Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.

- **Acute hepatitis B infection** is a short-term illness that can lead to fever, fatigue, loss of appetite, nausea, vomiting, jaundice (yellow skin or eyes, dark urine, clay-colored bowel movements), and pain in the muscles, joints, and stomach.
- **Chronic hepatitis B infection** is a long-term illness that occurs when the hepatitis B virus remains in a person's body. Most people who go on to develop chronic hepatitis B do not have symptoms, but it is still very serious and can lead to liver damage (cirrhosis), liver cancer, and death. Chronically-infected people can spread hepatitis B virus to others, even if they do not feel or look sick themselves.

Hepatitis B is spread when blood, semen, or other body fluid infected with the hepatitis B virus enters the body of a person who is not infected. People can become infected through:

- Birth (if a mother has hepatitis B, her baby can become infected)
- Sharing items such as razors or toothbrushes with an infected person
- Contact with the blood or open sores of an infected person
- Sex with an infected partner
- Sharing needles, syringes, or other drug-injection equipment
- Exposure to blood from needlesticks or other sharp instruments

Most people who are vaccinated with hepatitis B vaccine are immune for life.

2 Hepatitis B vaccine

Hepatitis B vaccine is usually given as 2, 3, or 4 shots.

Infants should get their first dose of hepatitis B vaccine at birth and will usually complete the series at 6 months of age (sometimes it will take longer than 6 months to complete the series).

Children and adolescents younger than 19 years of age who have not yet gotten the vaccine should also be vaccinated.

Hepatitis B vaccine is also recommended for certain **unvaccinated adults**:

- People whose sex partners have hepatitis B
- Sexually active persons who are not in a long-term monogamous relationship
- Persons seeking evaluation or treatment for a sexually transmitted disease
- Men who have sexual contact with other men
- People who share needles, syringes, or other drug-injection equipment
- People who have household contact with someone infected with the hepatitis B virus
- Health care and public safety workers at risk for exposure to blood or body fluids
- Residents and staff of facilities for developmentally disabled persons
- Persons in correctional facilities
- Victims of sexual assault or abuse
- Travelers to regions with increased rates of hepatitis B
- People with chronic liver disease, kidney disease, HIV infection, infection with hepatitis C, or diabetes
- Anyone who wants to be protected from hepatitis B

Hepatitis B vaccine may be given at the same time as other vaccines.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of hepatitis B vaccine**, or has any **severe, life-threatening allergies**.

In some cases, your health care provider may decide to postpone hepatitis B vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting hepatitis B vaccine.

Your health care provider can give you more information.

4 Risks of a vaccine reaction

- Soreness where the shot is given or fever can happen after hepatitis B vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's www.cdc.gov/vaccines

Vaccine Information Statement (Interim)
Hepatitis B Vaccine



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