



## ONE MONTH VISIT Anticipatory Guidance

### Safety

- **Car Seat Safety.**
  - Use a rear facing car seat in the back seat of your vehicle. Read more about car seat safety at [healthychildren.org](http://healthychildren.org) and the [CDC](http://CDC).
  - Schedule a free car seat check with a child passenger safety technician through [BuckleUpNC.org](http://BuckleUpNC.org) or [Naissance Education and Wellness](http://Naissance Education and Wellness)
- **Safe Sleep and Prevention of Sudden Infant Death Syndrome**
  - Your baby should sleep in your room for at least the first 6 months
  - Place your baby **alone** in the crib without any bumpers, loose blankets, or toys
  - Place your baby on his **back to sleep** until he is able to roll himself over.
  - Place your baby to sleep in his own **crib** or other safe sleep surface with a **firm, flat mattress** such as a bassinet or pack and play.
  - Avoid tobacco exposure. Keep your car and home smoke-free.
- Prevent hot water burns. Set your water heater so the temperature at the faucet is at or below 120°F
- Ensure you have working smoke detectors and carbon monoxide detectors in your home.
- Avoid direct sun exposure until infant is 6 months old.
- Never hit or shake your baby.

### Health

- **A fever is an emergency until baby is 2 months old.** If your baby feels too hot or too cold, check a rectal temperature. Call us right away if the temperature is **100.4°F or higher**.
- Limit how many people are in close contact with your baby at first. Ask those with signs of illness to avoid visiting until they are well.
- Most newborn rashes are normal. It is also normal for baby's hands and feet to appear purple or pale, as long as their lips and body are pink. Please call with any concerns.
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

### Feeding

- Feed your baby only breastmilk or iron-fortified formula.
- **Breastfeeding**
  - Feed your baby on demand
  - Aim for at least 8-12 feedings per day
  - Give your baby **Vitamin D 400 IU** per day through 12 months of age. (D-vi-sol, Zarbees, Baby D drops, and Carlson's D drops are some options).
  - Schedule a lactation visit with us to address any feeding concerns
  - If you are pumping, read about [safe breastmilk expression and storage](#).

- **Formula feeding**
  - Typically, babies this age drink 24-27 ounces per day
  - Vitamin D is already added to formula so no supplement is needed.
  - Always hold your baby's bottle, never prop it.
  - Read about [safe formula preparation and storage](#).
- If baby is getting enough to eat, you can expect at least 5 pee diapers per day. Some babies have bowel movements with every feeding and others may go several days in between bowel movements. At this age, most babies will strain to pass bowel movements and some will even cry. As long as their stools remain soft, they are not constipated.

## Baby Care

- Fussiness normally increases over the first month and peaks around 6 weeks of age. Babies are often fussy for 20-30 minutes after feeding when they need to pass gas or stool. They also have more fussy periods in the evenings.
- Colicky babies cry 3+ hours per day at least 3 days per week. Talk to us if you think your baby has colic.
- Tips for Soothing Baby
  - Review How to Calm a Fussy Baby at [healthychildren.org](http://healthychildren.org)
  - Review the 5 S's by [Harvey Karp](#)
- You cannot spoil your baby by holding them too much at this stage.
- Your baby's schedule will be unpredictable now, but you will be in a more of a routine by 4 months of age.

## Caring for your Family

- Remember to ask for help from family and friends.
- If you feel overly sad or anxious, you may have postpartum depression or anxiety. Please reach out to your doctor or to us for help.
- If you are worried about your living or food situation, talk with us. We can connect you with community resources such as WIC and CC4C.

## Next Well Check: 2 months of age

**This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your baby.**