

## Additional Information

Today's Date: \_\_\_\_\_

Baby's Height: \_\_\_\_\_

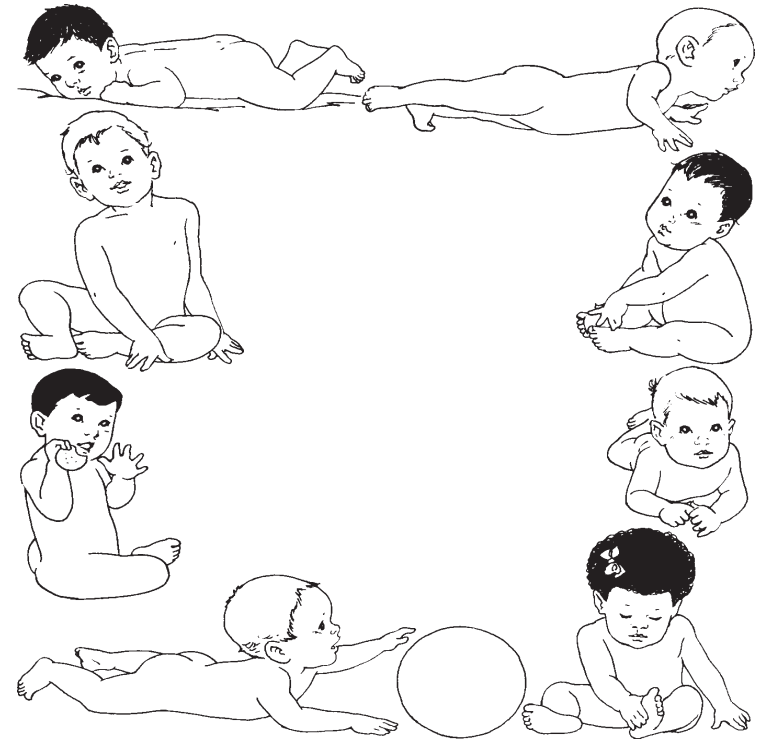
Baby's Weight: \_\_\_\_\_

Baby's Head Circumference: \_\_\_\_\_

Special Instructions:

Next Appointment: \_\_\_\_\_

# Kent County Wants Healthy Babies



## Your One Month Old



Kent County Health Department  
Maternal Infant Health Program  
700 Fuller Ave., NE  
Grand Rapids, Michigan 49503  
616/632-7100  
www.accesskent.com

Revised 8/08

Kent County Health Department  
Maternal Infant Health Program  
Childhood Education Series

## How Your Baby is Growing

**Head** - your baby is gaining head control but her head still needs careful support.

**Hair** - your baby may develop scaly patches on her head. This is cradlecap. It's caused by oil build up and not dry skin. To treat, massage your baby's scalp with oil to loosen the scales. Then shampoo her head to remove the scales and the oil. You may have to do this everyday.

**Eyes** - you may notice your baby's eyes starting to focus. It's not unusual for her eyes to look crossed at times. Contrasting colors like black and white may get her attention.

**Ears** - your baby knows your voice and likes to hear you talk to her.

**Mouth** - your baby may like to suck on a pacifier or her fingers. It's not unusual for her to have hiccups. Hiccups will not hurt her.

**Skin** - your baby's pores are easily clogged and rashes may appear. Her skin may not look picture perfect. Wash her face with plain water. Her skin will clear up in a few months leaving no lasting marks.

**Weight** - your baby should gain close to two (2) pounds this month.

## Feeding Your Baby



**Always** hold your baby during feedings. Relax and enjoy your time together.

**Breast** milk or formula is all your baby should have. She doesn't need water bottles. She gets all the water she needs from breast milk or formula. If you have city water, use it to mix your baby's formula. It contains fluoride which is important for her future teeth. If you don't have city water, talk to her doctor about how you might add fluoride.

## Well Baby Care

Most doctors like to see your baby for a two week check up and again at two, four, six, nine, and 12 months, between 15 and 18 months and yearly. It's important for her to see a doctor to make sure she is growing well and not developing any problems.

Some questions you might want to ask her doctor:

- How is she growing?
- How is her development?
- What should she be eating?

Write down any other questions you want to ask her doctor:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## When to Call the Doctor

If your baby acts sick, it's best to check her temperature and call her doctor.

You should call her doctor if:

- There is a change in her behavior or she acts sick.
- She has a fever over 100 degrees.
- She looks pale or blue.
- She sleeps more than five hours (at a time) during the day **and** is hard to wake up.
- She has diarrhea or is throwing up.
- She loses interest in feeding.



## Your Baby's Safety

**Always know where your baby is and what she is doing!**

### Burns

**Do not** smoke, drink hot beverages, or cook while holding your baby.

**Keep** your baby in a smoke free environment. Do not let anyone smoke around her.

### Falls/Injuries

**Do not** leave your baby alone on a couch, changing table or your bed.

**Never** put anything around your baby's neck (small toy, pacifier, necklace). It could accidentally choke her.

**Use** the safety straps that come with a stroller or bouncy seat.

**Keep** your baby's infant seat on the floor.

**Do not** prop a bottle for feeding - she could choke.

**Closely** watch your baby when a young child or an animal is in the room.

**When** riding in a car, use an approved rear-facing infant car seat. The safest place for your baby is in the middle of the back seat. The seat must be held tightly by the seat belt for it to be safe.

**Never** hold your baby in your arms while riding in a car.

### Crib

**Put** your baby to sleep on her back on a firm mattress.

**Keep** the crib away from blinds or curtains.

**Remember to have at least one working smoke detector in your home.**



## Interacting with Your Baby

### Muscle Development

**Give** your baby "tummy time" to exercise. Get down on the floor with her and make happy sounds. She may lift her head briefly.

### Sight

**Make** eye contact with your baby. Smile at her and she may start to smile back. Hold a rattle for her to watch, but she will love to look at your face best.

### Hearing

**Talk** to your baby. She loves to listen to your words or songs. She may start to make sounds back to you. Copy those sounds so she knows you hear her.

### Touch

**Stroke** and massage your baby. Remember her skin is very sensitive and she loves to be touched.

### Trust

**When** she cries, pick her up and rock or gently pat her. You will not spoil her. She is learning to trust you.

### Soothe

**Help** your baby learn ways to comfort herself. She may calm herself by sucking on a pacifier or her thumb. She may like to be wrapped snugly in a blanket, or she may like her arms and legs free to kick. She may like to be rocked or ride in a car.

**Your** baby gets bored easily. Change her position and location often.



## Sleep Patterns

**Babies** will continue to wake every three to four hours.

**It's** common for a baby to fuss before falling asleep.

**Sleeping** through the night means not waking up for five to six hours.

**Your** baby may need 15 to 16 hours of sleep every 24 hours.

**Your** baby's sleep habits begin now. Bad habits can be hard to break later. Try to get your baby used to falling asleep on her back in her own bed.

### Topic of the Month Colic

**Your** baby may begin to have regular fussy times during the day, often in the evening. She may be fussy for as long as two to three hours at a time. If the crying continues for most of the day or night, this may be colic

**It's** important to check with her doctor to make sure your baby's crying isn't caused by a medical problem. Colic isn't caused by an illness and usually ends by four months.

**Here** are some different things to try and comfort your baby. Try different positions. She may do well on your lap lying on her tummy. The sound of a TV, a radio, or a vacuum cleaner may calm her. Try a baby swing, bouncy seat, stroller or car ride. Try one way to comfort your baby at a time.

**What** works one day may not work the next day.

**Never shake your baby!** If she won't quiet down, you may feel like losing your temper. Lay her down in a safe place and leave the room for a few minutes until you feel more in control. Reassure yourself by saying "if she's crying I know she's still breathing". If possible, have someone else care for her so you can take a break.

**Cereal** should not be added to her diet unless it is recommended by her doctor.

**Around** three to six weeks of age, your baby may have a growth spurt. She may begin to eat more. Feed her until she is full. Spitting up usually starts around this time.

**Babies** do not need extra vitamins. Breastfeeding moms should continue taking their vitamins. Formula has all the vitamins a bottle fed baby needs so she does not need to take extra vitamins.

**Remember,** your baby doesn't need to have a bowel movement everyday. She probably is not constipated if the stool stays soft.

## Finding a Baby Sitter or Daycare Provider

Finding a dependable baby sitter or daycare provider is important. This will be one of the most important decisions you make.

**Always** interview a baby sitter in person.

**Look** at the setting around you. Is it clean and pleasant? Is the equipment (cribs, baby swings, high chairs, toys) safe? Do the children seem happy? Do the children get attention? Ask many questions!

**If** you are taking your baby to a baby sitter or home daycare, find out if anyone else will be caring for her. Ask if she will be taken out of the home. Are there pets in the home? Does anyone in the home smoke? Children will be exposed to more illnesses when starting daycare.

**Always** ask for and check references.

**Always** trust your feelings!

**For information on child care, call Kent Regional Community Coordinated Child Care at 616/451-8281.**

