

# YOUR BABY - THE FIRST MONTH

## *FEEDING*

Babies need approximately 50 calories per pound of body weight each day. Both breast milk and formula contain 20 calories per ounce and all the nutrients required. Therefore, your baby should consume approximately 2 - 2 ½ ounces per pound of body weight in each 24-hour period. There is no need to supplement with other food or water.

Preparation - For breast feeding mothers, please refer to the breast milk storage handout if you wish to freeze breast milk - specific freezer bags must be used to store your milk.

For formula fed babies, prepare formula according to the directions. Boiling water is only necessary until baby is about 2 months of age. There have been some reports of low levels of bacteria in public water supplies that, while not harmful to older infants, may affect newborns. If you use well water, you may want to boil water until 4 months; be sure to have your water tested if you are on a well (call the county health department to find out how this can be done). Bottles need not be sterilized; washing in hot, soapy water or dishwasher is adequate. Old bottles and/or nipples should not be used as harmful chemicals may leach out of plastic over time.

Frequency - As a general rule, full-term infants require feeding approximately every 3 - 4 hours both day and night. Most breast fed babies nurse every 2-3 hours during the day and every 3-4 hours at night. Some breast fed babies may want to nurse slightly more frequently.

Do not give your infant any type of medication without advice from your physician.

Vitamins - Nursing mothers should continue their prenatal vitamins. If your prenatal vitamin does not include "DHA," take "Expecta" daily (consult your pharmacist if you are uncertain).

## *DEVELOPMENT*

At this age your baby should readily locate the nipple for feeding, have a strong sucking reflex, respond to light, noise and movement, and tightly grasp with his hands. Newborns can only focus and see about 18 - 24 inches.

## *SLEEP*

(Helpful hints for preventing problems)

Holding and cuddling your baby if he/she is crying may help ... gentle motion seems to induce comfort and sleep for most babies. Babies can get the days and nights mixed up: to prevent this, don't let your baby sleep more than three consecutive hours during the daytime. At night, let the baby sleep as long as he will unless the physician tells you to awaken to feed (there are special situations when we do this). Do not feed your baby if less than 2-1/2 hours have passed since the previous feeding. Babies who feed frequently during the day and night turn into "snackers." Make middle-of-the-night feedings brief and provide only the minimal stimulation required to feed (don't turn on the lights, talk and sing to, or rock your baby); feed him quickly and quietly.

***COMMON CONCERNS***

Rashes - Babies have sensitive skin and frequently develop transient rashes. Most rashes at this age (including "baby acne") resolve spontaneously.

Hiccups, Sneezing, Spitting-Up and Passing Gas - Are all normal occurrences in the newborn period.

Bowel movements are highly variable in frequency, amount, color and consistency. Each baby is different. Breast fed babies tend to have yellow-seedy mustard looking stools, while bottle fed babies have stools that are more "pasty" in appearance.

Fever - A temperature over 100.5 ° TAKEN RECTALLY is a cause for concern if the baby < 2 months old. Contact your physician immediately if this occurs. Do not give Tylenol or any other medication unless instructed to do so by a physician.

**Please review the immunization schedule and handouts before coming to your  
2 month visit  
(available on the website under vaccine section)**

***NEXT VISIT***

The next well child visit is at 2 months unless you are advised otherwise. Please schedule the appointment today.

**TODAY'S WEIGHT:** \_\_\_\_\_

**SPECIAL INSTRUCTIONS:**