



APL Bright Futures Handout

1 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

PARENTAL WELL-BEING

How You Are Feeling

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or school is hard for many parents.
- Find safe, loving child care for your baby.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

INFANT ADJUSTMENT

Getting to Know Your Baby

- At this age your baby will appear to focus on objects and startle to sounds.
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on his back.
 - In your room.
 - Not in your bed.
 - In a crib, with slats less than 2 3/8 inches apart.
 - With the crib's sides always up.
- If using a playpen, make sure the weave is less than 1/4 inch and never leave the baby in it with the drop side down.
- Hold and cuddle your baby often.
 - Tummy time—put your baby on his tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6–8 weeks old.
- When your baby is crying, comfort him by talking, patting, stroking, and rocking.
- Never shake your baby.
- If you feel upset, put your baby in a safe place; call for help.

SAFETY

Safety

- Use a rear-facing car safety seat in all vehicles.

- Never put your baby in the front seat.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke free.
- Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
- Keep a hand on your baby when changing clothes or the diaper.

FAMILY ADJUSTMENT

Your Baby and Family

- Plan with your partner, friends, and family to have time for you.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet.
- Join a new parents group or call us for help to connect to others if you feel alone and lonely.
- Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.
- Prepare for an emergency/illness.
 - Keep a first-aid kit in your home.
 - Learn infant CPR.
 - Have a list of emergency phone numbers.
 - Know how to take your baby's temperature rectally. Call us if it is 100.4°F (38.0°C) or higher.
- Wash your hands often to help your baby stay healthy.

NUTRITIONAL ADEQUACY

Feeding Your Baby

- Feed your baby only breast milk or iron-fortified formula in the first 4 months.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger.
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full.

- Turning away
- Closing the mouth
- Relaxed arms and hands
- Breastfeed or bottle-feed 8–12 times per day.
- Burp your baby during natural feeding breaks.

If Breastfeeding

- Continue to take your prenatal vitamins and give your infant 400 international units (400IU) of vitamin D daily.
- When breastfeeding is going well (usually at 2 weeks), you can offer your baby a bottle or pacifier.

If Formula Feeding

- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 2 oz every 2–3 hours. If your baby is still hungry, you can feed more.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

Elimination

- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well. Breastfed babies may stool less often as they get older.
- All stool colors are normal except black, red and white. Stool consistency should not be hard, but may be pasty, runny or seedy

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org

