

AT ONE MONTH OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

Listening: From birth, talk to your baby often each day, during dressing, feeding, bathing and household chores.

Hearing sounds imitated: Imitate your baby's cooing and jabbering sounds.

Being aware of sounds: Let your baby hear many different sounds, such as music, radio, and telephone bells. Also make different sounds with a rattle, squeeze toy, or bell.

Developing personal and social skills:

Feeling secure and loved: When your baby is fussy, try to find and fix the cause. Carry your baby around with you often, talking to him or her in a soothing tone.

Being comforted: Respond right away when your baby cries. Crying is a baby's only way of telling you something is wrong.

Smiling: Make happy sounds while you smile often at your baby, especially when your baby smiles back at you.

Observing: While carrying your baby in a cuddled "sitting" position, show him or her lights or brightly colored objects.

Being rocked: To soothe your baby and relax yourself, rock your baby in a rocking chair. As you hold your baby, show love by touching and talking softly. **Read to your baby.**

Vaccines Given Today:

Vaccinations are begun at two months of age.

DtaP

Hib

Polio

Prevnar

MMR

Varivax

DT

Hep B

Hep A

Pneumococcal

Next Well

Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Suggested reading for parents:

Babywise

Developing control of large muscles:

Lifting head: Put your baby on his or her stomach. Dangle a bright toy in front of your baby or make happy sounds from in front of him or her so your baby will lift his or her head.

Feeding:

Breastfeeding. You will know that your baby is getting enough to eat if he/she has at least 7 to 10 very wet diapers per day. Baby may have 2 to 3 bowel movements each day. Breast milk is good for about 48 hours in the refrigerator/2 to 3 months in the freezer.

Formula: Be sure to follow the directions for mixing. He/she will take 2 to 3 ounces of formula every couple of hours. As baby grows, he/she will take more at each feeding and go longer between feedings.

Sleeping:

Try to place infant in bassinet or crib while awake, this helps child to put him or herself to sleep.

What is it like to be one month old?

- + I like to look at black and white colors and patterns more than at other colors.
- + Sometimes I root around and try to suck, even when I am not feeding.
- + I need you to protect the soft spot on the top of my head.
- + I cry when I am hungry, wet or tired, or when I want to be held.
- + I may smile at you when I see or hear you.
- + Loud noises, bright lights or rough handling scares me.
- + I'm often fussy in the evenings.

Remember: No two children grow at exactly the same rate.. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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