# Caring for your 1 month old baby

Name _____ Weight _____ Height _____ Date _____

## Keep Your Baby Safe

### Use a Car Seat

- Install it properly in the back seat facing backwards.

### Use a Safe Crib

- Crib slats must be no more than 2 3/8 inches apart.
- Don't use a crib with sharp edges that your baby can hit.

### Prevent Suffocation

- Place your baby on your baby's back to sleep.
- Don't string toys across the crib or playpen.
- Don't put strings or necklaces around your baby's neck.
- Don't leave your baby on a waterbed or beanbag pillow.

### Prevent Falls, Burns and Drowning

- Don't leave your baby alone in water or with young children or pets.
- Don't leave your baby alone on a changing table or any other surface from which your baby could fall.
- Don't use walkers.
- Set the water heater thermostat so that the water is not hotter than 120ºF.
- Make sure you have smoke detectors on your ceiling. Test alarms monthly.
- Keep your baby away from hot things (like cigarettes or an iron).
- Don't hold your baby when you are drinking something hot (like coffee).
- Never shake, toss or hit your baby.

## Provide Healthy Nutrition

- Continue breast milk or iron-fortified infant formula. No juice before 12 months.
- Breastfed or partly breastfed infants need vitamin D 400 IU daily. Formula-fed infants need it if taking less than 32 oz of formula daily; confirm with the clinician.
- Start complementary foods around 6 months when ready, not before 4 months.
- Follow hunger and fullness cues. Discuss feeding or growth concerns with the clinician.
- Never prop a bottle or put your baby in bed with a bottle.

## Practice Healthy Parenting and Care-giving

### Encourage Healthy Development

- Hold your baby as much as possible - you cannot spoil your baby.
- Give your baby simple shapes to look at.
- Talk and sing to your baby.

### Deal with Crying

- Many babies will cry two to three hours per day.
- When your baby cries, ask yourself, "Is my baby hungry? Does your baby want to be changed? Does your baby want to be held? Is your baby too stimulated (like from too much touch, noise or light)? Is your baby in pain (like from gas in the belly)? Does your baby have a fever?"
- Don't feed your baby every time your baby cries. Don't use a pacifier every time your baby cries. Use it only when you think your baby needs to calm down.

### Sleep

- Place your baby on your baby's back in the crib when your baby is drowsy but still awake.
- Respond to crying; check feeding, comfort and illness.
- Ask your clinician when to wake your baby for feeds.
- Don't change your baby's diaper in the middle of the night unless your baby has pooped or has a rash.

### Clean Your Baby

- If your baby boy is uncircumcised, don't try to pull back the foreskin.
- Bathe your baby every other day, at most. Use warm water and mild baby soap.

### Prevent Sickness

- Keep your baby away from cigarette smoke. Do not smoke with the baby in the car; do not smoke in the house.
- Don't let someone touch your baby without first washing their hands. Keep your baby away from large crowds and small children.
- A stuffy nose can be treated with saltwater nose drops. Remove the mucus gently using a bulb syringe.

- Call the clinic right away if your baby has a fever, is coughing a lot or may be dehydrated. A fever is a rectal temperature of 100.4°F or higher. A dehydrated baby has fewer than five wet diapers a day, cries without making tears, or has dry lips and a pasty mouth.

## Development

All babies develop at their own rate. At this age you may notice that your baby:

- Shows better head control
- Lifts your baby's head when lying on tummy
- Grasps your finger
- Stares at faces briefly
- Becomes quite when others speak
- Cries differently for pain, hunger and tiredness - the cries can be hard to tell apart
- Calms when swaddled and rocked

Next visit: about 2 months. Bring the immunization record and review vaccine information. Do not give fever medicine before shots unless the clinician directs it. Ask for a weight-based dose if medicine is needed afterward.

## Infant emergency readiness

If your baby is unresponsive or is not breathing normally:

Call 911 immediately. Put the phone on speaker if possible and follow the dispatcher's instructions. Ask another person to call and get an AED if one is available.

Start CPR as directed by the dispatcher or according to your current training. Do not delay emergency care to look up instructions or contact the clinic.

## Prepare before an emergency

Learn infant CPR and choking first aid in a current hands-on course. Review the emergency plan with every caregiver. Keep your home address and emergency contacts easy to find.

## Current CPR guidance

The American Heart Association and American Academy of Pediatrics updated pediatric CPR guidance in 2025. Use current training materials rather than older diagrams.

Current AHA/AAP pediatric CPR guidance: cpr.heart.org (select the link in this PDF)

For babies younger than 3 months, a rectal temperature of 100.4 F (38 C) or higher needs immediate medical advice. Do not delay assessment to give fever medicine.

This page supports emergency preparation. It does not replace CPR training or dispatcher instructions.