Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

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

- Make sure the space between the slats is less than 2½ inches.
- 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. Check twice a year to make sure they work.
- 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

- Breast milk or infant formula is all your baby needs. A healthy baby does not need vitamins.
- Talk with your health care provider if your baby uses a "low iron" formula.
- Feed your baby every 2 to 4 hours. Keep nighttime feedings quiet and as short as possible.
- Don't prop a bottle in your baby's mouth.
- Spitting up is normal; burp frequently to decrease the amount your baby spits up.
- Don't give solid food.
- You don't need to warm up refrigerated formula, but your baby may prefer it.

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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.
- Some babies will cry 10 to 15 minutes before falling asleep.
- During the day, don’t let your baby sleep for more than three hours in a row.
- 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

Your baby’s next visit is when your baby is about 2-months-old. At this check-up your baby will receive your baby’s first set of immunizations (shots). Please read the shot handouts given to you at time of visit. Save these handouts. Bring acetaminophen for infants with you to the next visit.

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LEARN CPR You Can Do It!

CPR for Infants (Age <1)

If you are alone with the infant give 2 minutes of CPR before calling 911.



1. Shout and Tap

Shout and gently tap your baby on the shoulder. If there is no response and your baby is not breathing normally, position your baby on your baby's back and begin CPR.

2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of at least 100 per minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).

3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back

4. Give 2 Gentle Breaths

If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.

CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

"The Tennessee Medical Association (TMA) and the Tennessee Hospital Association (THA) want to thank learncpr.org for allowing our members to share this information with their patients."