

1 Month Exam



3/2025



Development

By a month of age, your baby should be more alert, with definite wakeful periods. They can definitely see and hear, focusing best at about 1 ½ feet away. When sitting in your lap, they should be able to recognize your face and should startle in response to loud noises. Start tummy time so your baby can practice lifting their head. Older children in the home can exhibit feelings of insecurity, regression, or in some cases anger with the birth of a new sibling. To help your older children adjust to the new baby and still feel loved, ask for their help in caring for your newborn.

Diet

Your baby should be taking either breast milk or formula. Feeding should be on demand and you do not need to wake your baby for feedings during the night. Wait to introduce solid foods until at least 4 months of age. Breast feeding moms should continue to take prenatal vitamins while nursing and breastfed babies should be on a vitamin D supplement. You can easily find D-Vi-Sol or Tri-Vi-Sol at pharmacies (1 dropper daily). Another option is D-Drops (the dose is just 1 drop per day, which can be given to the baby by placing the drop on the mother's nipple right before feeding). Formula fed babies get adequate vitamins from their formula but need Vitamin D until they take 32 oz or more per day. Do not prop your baby's bottle as this creates a risk of choking, ear infections, and early childhood caries.

Illness

During the first 2 months of life, babies are more susceptible to infections. Therefore, it's best for you to call us if your baby becomes ill. Signs of illness include fever (temperature greater than 100.4); low temperature (<96.5); unusual fussiness that isn't improved by consoling; lethargy (too sleepy, difficult to arouse for feedings); breathing difficulty; or dusky, blue skin. Especially during these first few months of life, if you feel uneasy about how your baby is acting, it's best to call our office. You can reach us any time by calling our office number, 520-648-KIDS (648-5437). Make sure you and other family members have had Tdap (Tetanus, Diphtheria, and Pertussis) and Influenza vaccines. We provide these vaccines for family members at our office.

Safety

Your baby should always sleep on their back, not on their tummy or side. Sleeping on the tummy or side has been identified as a risk factor for SIDS (sudden infant death syndrome) and should be avoided. For more information on the prevention of SIDS, see the SIDS page on healthychildren.org. Remember to use an approved, rear-facing infant car seat whenever you're driving with your baby. Never leave your child alone in the car for any reason, even briefly.

Every year, children die of heatstroke after being left in a hot car. Do not leave your baby alone on a counter or bed. Babies find ways to wiggle and fall!

Limit exposure to public places like restaurants and stores for the first several weeks of life, to give your baby's immune system time to grow stronger. Frequent hand washing or use of hand sanitizer is the best way to prevent the spread of infections. Now is a good time to make sure your hot water heater is set to no more than 120 degrees, that your smoke detectors are working, that any firearms in the house are safely locked with ammunition stored separately, and that you have a list of local emergency telephone numbers, including Poison Control (1-800-222-1222 from anywhere in the US). It's important to keep your car, home, and other places where your baby spends time free of tobacco smoke and E-cigarette vapor. Smoking affects the baby by increasing the risk of asthma, respiratory infections, and sudden death. Social media tools can be useful in building social networks, but do not rely on them for maternal and child health advice. We can answer your questions and give you reliable information.

What to expect at this visit

Mother should fill out the postpartum depression screen before the visit. We ask parents to complete a screening for social determinants of health form to provide the best care for your child. Your baby's next well check should be at 2 months of age unless the doctor determines your child needs an additional appointment.