



Developmental Notes - One Month

Milestones:

By one month of age most infants will appear to focus on objects and startle to sound.

Social Life:

Since your baby is still so young, give the infant any attention he/she desires. You cannot spoil your baby by picking him/her up. So go ahead and hold your baby if he/she appears fussy. Many infants will have a "fussy period" in the evening. This usually lasts for a few weeks and then goes away. If your baby cries constantly and cannot be consoled, please call the office. For many infants a full day consists of eating, sleeping, urinating and defecating. Do not be alarmed if your infant sleeps the majority of the day.

Safety:

Never leave your young infant alone with a toddler or a pet. Make sure your carbon monoxide and smoke detectors are in good working order. An infant should sleep in his/her own crib or bassinet. Do not put your infant in bed with you as you may accidentally suffocate your child. Turn your hot water heater down to a maximum of 120 degrees Fahrenheit. This will greatly reduce the risk of accidental scald burns. Never use a microwave oven to heat up formula or breast milk. This process can create "hot spots" which may burn your infant's mouth.

Sleep Position:

The American Academy of Pediatrics recommends that all infants be put to sleep on their backs.

Stooling:

Stool color can vary greatly from one infant to another. All stool colors are normal except for black, red and white. Stool consistency should not be hard, but may be runny and seedy. Most children defecate several times a day. The normal range for an infant to stool would be from every time he/she eats to every three to seven days depending on whether your child is on formula or is breast fed. The time to become concerned with your child's stooling pattern is when there is a change.

Diet:

Breastfeeding: Every two to four hours as needed.

Formula: Use an iron containing cow's milk based formula every two to four hours as needed. Your doctor will help you determine if a special formula is needed. Most babies this age eat 1 to 3 ounces per feeding. Your child will determine the amount he/she needs.

Cereal: Infants generally do not require any solids at this age. We will advise you when your child can begin to start solid foods. Also, there is no scientific evidence that feeding an infant cereal will make them sleep through the night.

Honey: Do **NOT** give your child raw or uncooked honey in the first year of life. Honey may contain botulism spores. Botulism is a complicated disease that can cause muscle paralysis. Please do not feed your infant raw or uncooked honey or put it on your child's pacifier.

Vitamins:

All infants require vitamin D to prevent rickets and vitamin D deficiency. Regretfully, breast milk does not provide this essential vitamin. Therefore, all breastfed infants, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of Vitamin D per day.

Similarly, all non-breast fed infants who receive less than 33 ounces of Vitamin D-fortified formula, should receive vitamin supplementation with at least 400IU (international units) of Vitamin D per day.