

1 Month

Developmental Milestones

Gross Motor

Lifts head for short periods of time
Moves all four extremities equally

Language

Attends to sound
Startles to loud noise
Makes throaty or grunting noises
Cries to indicate need for attention

Personal-Social

Begins to regard face
Begins to recognize family members' voices
Begins to smile

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



Anticipatory Guidance

Safety

- ◆ Always place your infant in an appropriate, rear-facing infant/car seat and make sure the seat is appropriately strapped into the vehicle.
- ◆ Make sure your baby's bedding is tight fitting and that there are not any loose blankets/stuffed animals that can cover the baby's face
- ◆ Always place your baby on his back to sleep. This reduces the incidence of SIDS.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your baby lying on any surface above ground level without the baby being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around babies.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around your baby. You never know when they might spill.
- ◆ Never use a microwave to heat formula or breastmilk. It can heat unevenly and cause burns.
- ◆ Never give a baby honey or corn syrup of any kind. It can lead to infant botulism.
- ◆ Avoid direct sun exposure. Your baby has very sensitive skin and will burn easily.

Infant Care

- ◆ Keep fingernails trimmed short to prevent your baby from scratching himself.
- ◆ Always burp your baby after a feed. Some babies require more frequent burping to prevent spit-ups.
- ◆ Always have a bulb syringe (nasal aspirator) on hand. Use this to clear the nose of congestion, spit-up, etc. Remember, babies require their noses to breathe.
- ◆ Crying indicates a need for attention. It can mean hunger, a dirty/wet diaper, being too cold, too hot, tired, etc. If you have tried to provide all of these needs and you become frustrated, lay your baby down, and let him cry while you take a moment for yourself.
- ◆ Always have a thermometer on hand. If your baby has a temperature $\geq 100.4^{\circ}\text{F}$ rectally, please call your pediatrician immediately.
- ◆ For adequate vitamin D intake, the AAP recommends giving you baby 1cc of poly vi sol once daily if strictly breast feeding or if your baby is receiving less than 17 oz./day of supplemental formula.

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