

1 Month Well Child Check

Development

Is responsive to calming actions
when upset

Is able to follow parents with eyes

Recognizes the parents' voices

Has started to smile

Is able to lift head when on tummy



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

RENAISSANCE PROVIDERS

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- If you are still feeling the “baby blues” you should let your health care provider know
- Providing a consistent and predictable routine for your baby will help her learn to develop a regular sleep/wake pattern
- Never, ever, shake your baby, because it could cause permanent brain damage
- Remember your baby needs “tummy time” while awake to develop head control

Safety

- “Back to sleep” is safest for babies, always put your baby down to sleep on his/her back, not tummy or side
- Blanket, pillows, pillow-like bumper pads and soft toys are dangerous and are associated with higher risk of SIDS (Sudden Infant Death Syndrome)
- Your baby should be secured in a rear-facing car seat in the back seat of the car until age 2
 - Keep the harness snug whenever your baby is in the car safety seat
- Always keep one hand on your baby when changing diapers or clothing on a changing table, couch, or bed
 - Keep all choking & strangulation hazards out of reach, these include:
 - bracelets, toys with loops, string, and cords
 - Make your home and vehicle smoke-free zones
 - Do not drink hot liquids while holding your baby
 - Turn your hot water heater down to at most 120 degrees
 - Always test water temperature with wrist to make sure it is not too hot



Parents Points of Interest

Car seat Safety

Child Safety Seat Inspection Station Locator:

www.seatcheck.org

866-SEATCHECK

Fever

Call the office if your baby's rectal temperature is 100.4 or greater

Emergency

Make a list of emergency telephone numbers

Including Poison Control Center 1-800-222-1222

Complete an American Heart Association or American Red Cross First Aid or Infant CPR program

Have a family first-aid kit

Nutrition

- Do not offer your baby food other than breast milk or formula until he/she is developmentally ready (around 6 months)
- Healthy babies do not require extra water. Juice is not recommended in the first 6 months of life
 - The number of bowel movements may decrease and, by 6 weeks, breastfed infants may have stools as infrequently as every 3 days
- Vitamin D (400 IU) supplements are recommended for breastfed infants beginning between 2 weeks and 2 months