

1 Month

Glacier Medical Associates

1111 Baker Ave Whitefish, MT 59937 862-2515

Teaching Your Baby

Your baby was born ready to learn. That is his job. You are his first and most important teacher. Your baby's brain grows and changes every time you touch him or talk to him. Your baby learns from everything he sees and all that happens around him. Here are some tips for making learning fun for you both:

- Talk to your baby
- Use your baby's name
- Repeat her sounds
- Be her news reporter telling your baby what is going on and what you are doing. She will start to connect events with words.
- Sing to her
- Read to him it is never too early to introduce books

Development and Normal Activity

When babies are placed on their stomach, they usually make attempts to lift their chin for a few seconds. Your baby may make a kind of crawling movement and some babies actually move forward and backwards. Although your baby should sleep on his back, it is important to include "tummy time" during playtime when your baby is awake. Your baby still cannot support her head without assistance.

Babies at this age can focus on objects from eight to twelve inches away. Your baby may smile socially at familiar faces and voices. Babies will follow moving objects with their eyes and turn in direction of sounds.

Feeding

Continue with breast milk or iron fortified formula. Your baby will gradually increase the amount she eats with each feeding. Continue to monitor her feeding cues! Most babies at this age still wake up at night to feed, but may sleep through one night of feeding. This is normal. Do not put cereal in the bottle. Do not give honey to soothe your baby. Cereal or baby food not needed yet. Babies can have food allergies if solids are started too early. Never put a baby to bed with a bottle.

If you are breastfeeding, you may notice your baby reacts to different foods you eat. If your baby is more fussy than usual, you may consider monitoring what you eat. Try to be consistent with the type of formula you feed your baby all babies will have some difficulty initially when different formulas are introduced. This does not mean your baby is allergic to that formula; it just takes her body a few days to adjust to the new food.

All babies reflux or “spit up”. As long as your baby does not appear to be in pain during these episodes and is gaining weight, this is normal. This will get better as your baby’s digestive system develops.

Crying

By now you should have an idea of your baby’s temperament and know how to console your baby when she cries. All babies cry, it is one of their main tools of communication. Most babies cry between 3 to 4 hours on average a day, with a peak of crying behavior at about 6 weeks of age. Many cry more towards the end of the day. Usually you be able to find something that calms your baby (rocking, swing, riding in the car). Crying at this stage may be a signal of overstimulation. Try to take your baby away from noise, activity, and lights. Try to hold your baby in different positions.

As your baby grows, his nervous system works better and he will learn to calm himself. Until then, ask for help when you need it and accept help when it is offered.

Never shake or hit a baby. This can cause permanent brain damage. If you think you might hurt your baby, put her down in her crib and call a relative or friend.

Sleep

Sleep still occupies most of your baby’s day. Your baby’s sleep pattern is probably becoming more regular and predictable. When she sleeps more or less than normal, this could be a warning sign of illness. Your baby is probably sleeping for 3 to 4 hours or more at a time and can stay awake for one hour or longer. Your baby still needs to sleep on her back when in bed.

Stooling and Voiding

Most babies will strain to pass bowel movements. Your baby's stool will look yellowish. Breast fed babies' stools vary tremendously. They can have anywhere from one or less to 6 to 8 stools or more per day. Occasionally breast fed babies will skip 1 or 2 days between bowel movements. Bottle-fed babies usually have less stools, usually 1 to 3 per a day. As long as the bowel movement is soft, there is no need to worry. Your baby may also pass a lot of gas. Ask your doctor about bowl movements that are hard or painful. Babies usually wet the diaper at least 6 times each day.

Safety Tips

- Always know where your baby is, and the dangers near her. She will become more active and needs to be protected from falling, pets, young children, and other hazards.
- Always use an infant car seat, in the back seat of the car. Never leave your baby without you in the car.
- Know the signs of illness in a newborn:
 - Fever- a rectal temperature greater than 100.4° F is considered an emergency at this age. Call your doctor immediately
 - Difficulty with breathing
 - Sleeping more than normal, or acting lethargic
 - Difficulty feeding
 - Vomiting, diarrhea
 - Signs of dehydration- less than 3 wet diapers per day, lack of tears or saliva
- If you use a crib for your baby, be sure to pick a safe location
- Mesh netting of playpens should always be in the upright position
- Make sure your home has working fire alarms and carbon
- Monoxide detectors
- Turn down the thermostat on the hot water heater to 120°F
- Never leave your baby alone in the bathtub
- Quit smoking and maintain a smoke free environment. Your baby is more likely to get sick or die from SIDS if you smoke, even if you only smoke outside.
- Keep hot liquids away from your baby
- Keep small sharp objects away from your baby
- Keep plastic bags away from your baby to avoid suffocation.

Call Your Child's Doctor If:

- Your child develops a fever or other signs of illness

- Your child is very irritable and you cannot calm him

You can reach a doctor 24 hours a day by calling: **862-2515**

Trust your instincts. You know more about your baby than anybody else. If you sense something is wrong with your baby, call your doctor.

Immunizations and Next Doctor's Visit

At this point there are no immunizations which need to be given. Your baby's next appointment will usually be at the age of 2 months, unless your doctor advises differently. At this time your child will get a set of immunizations. Be sure to bring a shot card from the hospital if you have one. Ask your doctor for information regarding vaccinations so you can review it before the next visit.

What to Expect

In the next few weeks your baby will become more active and interactive. Your baby will start to coo and vocalize in response to your talk and play. Your baby will start to gain some control of her head, and support her upper chest with her forearms when placed on her stomach.

Self Care

Parenting is stressful. To take good care of your baby, you must first take good care of yourself. A baby can easily take all the time and resources you can offer. You might feel like you are at the end of your rope. This is normal and it will pass. Here are some tips for helping you through the rough times:

- Ask for help- everyone needs help sometime
- Rest as much as you can- decide what really matters and let the rest go for now. Focus on your baby, your partner, and yourself.
- Join a parents' group- when you talk with other parents, you hear that they have the same problems and questions you do. You learn tips from each other and you learn a lot about babies and how they grow.
- Parenting is a learned skill you might want to take a parenting class. You will meet other new parents, build you confidence and enjoy your baby more.
- If you are feeling depressed, talk to your doctor.
- Schedule private time with your partner without your baby