



1 MONTH

Your baby will likely be waking at night multiple times to feed. Babies can be fussy for a variety of reasons such as gas or spitting up. There is no need to make significant changes to your diet if you are breast feeding as these periods are often self-limited and resolve without any changes. It is okay to use gas relief drops such as Mylicon or Gripe Water for gassiness. You may notice that your baby is starting to have more alert time and this gives the opportunity to introduce tummy time. The morning is a great time to try tummy time. Don't worry about how long tummy time lasts, just do what your baby tolerates and increase over time.

We know you are tired but for your child's safety it is important to not bring your child into your bed. The safest place for your child to sleep is flat on their back in a safe sleeping environment. Swaddling will continue to help bring your child comfort and improved sleep.

Continue to keep your baby at home and away from public places. If your infant does develop a rectal temperature of 100.4F or greater please call our office and speak to our nurses.

Expected development in the next month is that your baby will likely start to coo, express a social smile, track objects to midline, and briefly lift their head.

NEXT CHECK-UP: 2 months

VACCINE(S): Pentacel (DTaP, Hib, Polio), Prevnar, Rotateq