

Cranky and Fussy?

- Crying for one to four hours per day is normal.
- Call the office if your baby refuses feedings or becomes sweaty and out of breath during feedings.
- A baby may cry if they are hungry, gassy, hot, cold, tired, bored, in pain, their diaper is dirty, or for no apparent reason at all.
- A baby does not cry because you are a bad parent or because they dislike you.
- You cannot spoil a baby by picking them up when they cry. Demanding babies will usually cry less if they are carried most of the day.
- Things to try for a fussy baby: feeding, burping, changing the diaper or clothes, inspecting for a source of pain (pinched finger or toe), rocking, stroking, singing, giving a pacifier, walking, swinging, bathing, swaddling, whispering, taking a ride in the stroller.
- Try techniques mentioned at www.thehappiestbaby.com.
- Colicky babies prefer a quiet, dark room. The probiotic L. Reuteri (eg. Gerber Soothe) has been shown to help.
- If you become overwhelmed, put your baby in a safe place and take a break. Call the office if you think you need help.
- For information about good sleep habits, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep

- You are worried about your baby's hearing or vision.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about him or unable to enjoy being with him.
- You are having trouble with breastfeeding.
- You have a particular concern that's always on your mind.

Your next visit

At the two month visit your doctor will...

- Compare the growth measurements to those from today.
- Discuss recommended vaccines: DTaP, HiB, polio, pneumococcal, hepatitis B and rotavirus. Information about these can be found at: www.cdc.gov/vaccines.



Two to Four Week Visit



Vaccines

- Vaccination constitutes the single most important opportunity to prevent serious illness in your child, including brain damage and death. Find vaccine information at healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Hep B Vaccine and RSV antibody injections are recommended (seasonally) if not already given in the hospital or RSV vaccine was not received by the mother. A second dose is recommended at 1-2 months of age.
- Vaccines for parents and caretakers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the COVID vaccine, and the yearly flu vaccine.

Staying Healthy

- Some form of “baby blues” affects 80-90% of mothers. Fathers may be affected as well. Tell your doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke near your baby. It increases the risk of SIDS, ear infections, respiratory infections, and fires. If you smoke, decide to quit.
- Make sure visitors wash their hands before holding your baby. Keep your baby away from visiting children.
- Wash your own hands before feedings and after diaper changes.
- Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
- Use saline nose drops and a bulb syringe if your baby is congested.
- Bathe your baby every few days with water alone or with a mild baby shampoo.
- Call immediately if your baby has a rectal temperature of 100.4F (38C) or higher. Check for this if the baby feels hot or something seems wrong. Do not rely on an underarm, ear, or forehead thermometer.

Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns.
- Always use the car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat if there is an air bag.
- A bus is safer than a taxi.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Install window guards in all your windows.
- Always check the bath water temperature.
- Never heat a bottle in a microwave oven. Hot spots may cause a burn.
- Check the smoke detector battery once a month.
- Avoid direct sun exposure.
- Always put your baby on their back for sleeping even if you are close by.
- Never shake or spank the baby. Shaking can cause brain damage. If you feel you are losing control, put the baby somewhere safe and get some help—you can call the office or dial 988.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.

Typical Development

By one month babies usually...

- Move both arms and both legs equally.
- Grasp your finger.
- Lift their head.
- Suck for comfort.
- Sometimes startle to noises.
- Look at faces.
- Sleep up to 70% of the time.

Many babies...

- Respond to voices and faces.
- Are sometimes able to comfort themselves.
- Have more patterned sleep.

Some babies...

- Follow with their eyes.
- Turn toward sounds.
- Smile sometimes.
- Make cooing noises.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Show your baby black and white pictures. They see best at about twelve inches.
- Look at and make faces at your baby.
- Talk to your baby all day long.
- Read, play music, and sing.
- Shower the baby with love and affection.
- Keep the baby away from violence, including loud arguments or violent video images.
- Avoid even “educational” videos and apps.
- Browse: www.zerotothree.org.

Good Nutrition

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