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# The Wellness Times – Four Seasons Pediatrics



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2<sup>nd</sup> Visit - 1 Month Visit    Today's Weight:      lbs      oz    Height:      inches

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## Injury

### Prevention

**W**e recommend that you consider CPR classes. Every parent should have information regarding emergencies. Check your school district (e.g. Shenendehowa) Class Schedule for classes.

### Recommended Reading

**Y**our Child's Health by Barton Schmitt, MD. We feel this is the best overall baby book available. It will help you decide when and if to call during off times

## Starting Solids

While many well meaning friends may encourage you to start solid foods early, we do not encourage this. We recommend starting at 6 months of age. This is due to the higher incidence of allergies and asthma associated with starting earlier. Also studies show that starting early will not increase how content your baby is, nor will your baby sleep longer.

### Breast Feeding?

If you have not already done so, now is the time to offer a bottle of expressed breast milk once a day to once every couple of days. Waiting longer will likely make it more difficult to give a bottle in your absence.

## Next Visit

Your next health visit will be the 2 month check up. We do this check up at 6 weeks of age to start the first set of immunizations against Pertussis (Whooping Cough). Please arrive on time; as we usually run appointments on time.

### See Our Website!

Please sign up for our newsletter (this is separate from the web portal):

[fourseasonspediatrics.com](http://fourseasonspediatrics.com)

Sign up to receive our newsletter by email.

## 1 Month Old Milestones

**At 1 month, your baby will be experiencing a symphony of the senses. What he hears and sees can make him quiet, agitated, satisfied, or blissful—and sometimes all four emotions in the same breath!**

- **Seeing:** Your baby's vision tends to be nearsighted: he's able to focus best on objects eight to 15 inches away. Bold shapes and bold black-and-white patterns attract his attention. Place a mobile over his crib so your baby can follow its movements. He's already turning his head and eyes to look at you. And your baby also is trying out his mime talents by imitating your facial expressions.
- **Hearing:** Your baby knows your voice well, and he responds to it by growing quieter or more excited. Speak to your baby or sing to him as you feed, diaper, rock, and bathe him. Your words will be his first tools of communication. From you your newborn will learn to speak and to listen. You'll also discover that babies like the sound of music; play soft lullaby tapes throughout the day and at bedtime to help him relax.
- **Touching:** Your tiny one responds to your touch. Take advantage of the opportunities to be close—feeding, cuddling, or just rocking. Respond to your baby's cries; this will help him learn very early that you're there to comfort and care for him.



## Snooze Stats

Age	Hours	When
1 week	16 ½	Anytime
1 month	15 ½	Anytime
3 months	15	10-night, 5-day
6 months	14 ¼	10½-night, 3 ¾ day ; 3 naps
9 months	14	10½ night 3 ½ day; 2-3 naps

# **Pitfalls of Formula**

It is important to be aware of issues related to formula intake. Unlike breast feeding, babies who are bottle fed, continue to get formula at the same rate throughout the feeding. Additionally, they can get formula faster than breast feeding. For fast feeders, babies can quickly overfeed with formula. Overfeeding over several feeds can stretch the stomachs. When the stomach is continually stretched, your baby will then require more formula to be satisfied. As time goes on, this may lead to overfeeding. The best way to handle this is to continue to slow down the feedings by burping often and by using slow flow nipples.

# **Immunization Discomfort**

A recent well done study has demonstrated that the discomfort of shots can be significantly reduced by giving a pacifier dipped in sugar water just prior to the shots. For the 2 month through 6 month visit, the Oral Rotavirus Vaccine is sweet and can sooth your baby from the injections (in a similar way to the pacifier dipped in sugar water).