

PAVILION POINTS TO REMEMBER 1 MONTH

Nutrition

- During this time, breastmilk or iron-fortified formula is the only nutrition your baby needs. Babies at this age often eat every 2-3 hours and you can expect 6-8 wet diapers in a day.
- Around 6 weeks of age, stool frequency may decrease. Breastfed babies can go 7 days without stooling. No need to worry if bowel movements are soft.
- Hunger cues include: sucking, rooting, putting hand to mouth
- Signs your baby is full: turning head away, closing mouth, extremities relaxed
- If breastfeeding, give baby Vitamin D daily (400 iu) and breastfeeding mothers should continue pre-natal vitamins. This is also a good time to offer expressed breastmilk via a bottle which will allow others to feed baby when mother is leaving the house or plans to return to work.

Development

Gross Motor

- Lifts chin up during tummy time, moves head from side to side, moves arms and legs together

Fine Motor

- May opens fingers slightly

Language/Communication

- Babies at this age will often turn to sounds and in upcoming weeks may start to socially smile 😊
- In the next few weeks, most babies will have more periods of fussiness. This is normal as their digestive system continues to develop. Be sure to take turns between caregiver and recognize when you need a break.

Sleep

- Babies at this age typically sleep 16+ hours. Continue to place baby on back to sleep. It is often too early to establish a bedtime routine at this age, but it is helpful to lay baby down while drowsy, but not asleep. We will discuss sleep routines further at the 2-month visit

Safety

- Use rear facing car seat in back seat, never place baby in front seat.
- When changing baby, be sure to keep one hand on baby
- Lay baby on back to sleep, and avoid placing anything else in crib (i.e. pillows, stuffed animals, heavy blankets)

What to expect at this visit:

- At this visit, we will measure your child's height, weight, and head circumference (if the exam is in our office and not performed as a telemedicine visit).
- Next visit will be your baby's first vaccine visit which will include Pentacel, PCV13, Rotavirus, Hep B. During this visit, you can discuss any questions you have regarding upcoming vaccines.

