

## OLD TAPPAN PEDIATRICS

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### ONE MONTH

#### MILESTONES

May focus on sounds and images for several seconds  
Lifts head for short periods of time  
May see social smile (6 weeks)

#### NUTRITION

Breastfeeding or formula  
On demand, about 2-4 oz every 2-4 hours  
May have fewer stools at this time

#### VITAMINS

Trivisol 1 dropperful daily if breastfeeding (over the counter Vit A,C,D supplement)

#### ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age  
Infant seat up to 20 pounds  
Put baby on back to sleep  
Smoke-free environment  
Fresh air (going for a walk) is great for the baby, but limit situations with strangers or crowds.  
If temp is over 100 degrees F with a rectal thermometer, CALL US

#### PARENTING

Some babies will still be in their fussy phase, especially in the evenings, but this won't last much longer, hang in there!  
Pacifiers are okay for soothing and may decrease the incidence of SIDS.  
Tummy Time for your baby is important (when awake).  
How's your mood mom? Close to 1 in 8 new moms experience some degree of post partum depression. It is not only common, but easily treatable. If you feel you may be affected, do not hesitate to discuss it with us or your obstetrician. You can also call 1-800-328-3838 or go online to [www.njspeakup.gov](http://www.njspeakup.gov)

#### NEXT VISIT

Two months old