

# Wellness Guide at 1 Month Old

## Today's Stats & Immunizations

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Weight \_\_\_\_\_ / \_\_\_\_\_ % Head Circumference \_\_\_\_\_ / \_\_\_\_\_ %  
Length (Height) \_\_\_\_\_ / \_\_\_\_\_ %  
Hepatitis B \_\_\_\_\_ Other: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Follow-up Appt: \_\_\_\_\_  
Next Well Child Appt: \_\_\_\_\_  
(2 Months Old)

Next Immunizations:  
Combination (DTaP, IPV, Hib), PCV, Rotavirus

## HELPFUL TIPS FOR THIS STAGE OF LIFE:

### Development

- Your baby recognizes caregiver faces, voices, smells and can respond to your smile and gentle touches.
- Your baby is learning to “tell” you what they need using sounds, facial expressions, and body movements.
- Touching, holding, and comforting all send the message that your baby is special and loved.
- Following your baby's cues helps your baby feel understood and develops trust and security.
- You will still need to provide head and neck support when you are changing your baby's position.
- Tummy time and gentle activities that allow your baby to “track” objects/people can help strengthen neck muscles. Gentle massage can be introduced to share a quiet, calming time with your baby.
- Face-to-face interaction with caregivers and avoiding screen time, except for live video chatting with loved ones, will enhance your child's social and verbal development.

### Family Well-being

- Mental wellness of caregivers plays a critical role in how young children develop.
- Take time to think about your safety and your support system. Reach out to a parents' group, trusted friend, family member, your doctor or your baby's doctor if you need help.
- Ask your support system for ideas about safe and nurturing options if you are considering child care.

### Important Resources

- **Poison Control Center:** (800) 222-1222
- **Suicide and Crisis Lifeline:** 988
- **WA State Postpartum Support:** (888) 404-7763

### Newborn Care

- For babies 3 months or younger, a fever can be serious. Call us if your baby has a temperature of 100.4° F/38.0° C or higher.
- It is safe to take your baby outdoors if they are dressed appropriately and protected from the weather. Avoid overexposure to sun. Be cautious about exposing your baby to crowds or to people who may be sick.
- Caregivers can further protect their baby by updating their own vaccinations, especially the Tdap (whooping cough vaccine), MMR, seasonal flu, and COVID vaccine.
- Saline drops and suction can be used for nasal congestion, which is common in newborns.

### Nutrition

- Use breast milk or formula only.
- Give Vitamin D (400 IU/day) to babies receiving breast milk.
- Trust your instinct when feeding your baby. Hunger cues may include opening and closing the mouth, sucking on hands, smacking lips, turning the head toward your breast, acting fussy or looking unhappy. Signs of being full may include turning the head away, closing the mouth, losing interest, or falling asleep.
- Breastfed babies can learn to take a bottle at this age. Always hold baby when giving a bottle; don't prop bottle.
- Spitting up is common. Keeping your baby upright after feeds can help. Ask your doctor if you have concerns about associated pain, choking, or feeding problems.
- Do not give your baby extra water.
- Gassiness is common in early infancy. Try gripe water, simethicone, bicycle legs, or tummy massage for relief. Seek medical advice if inconsolable for 2+ hours.

## Safety

- Follow safe sleep guidelines. Place your baby to sleep on their back, on a firm surface, and in their own sleep space. Do not use pillows, blankets, or sleep positioners, as they are not safe for babies.
- Install the car seat in the backseat, rear-facing.
- Check to make sure smoke and carbon monoxide detectors are working.
- Avoid smoke/tobacco/cigarette/vaping liquid or smoke/marijuana exposure.
- Avoid hot liquids around your baby and set your water temperature to <math><120^{\circ}\text{ F}</math> (<math>48.9^{\circ}\text{ C}</math>) to prevent accidental burns.
- **Never shake your baby.** When you are feeling overwhelmed, take a break and ask for help. Call Allegro Pediatrics for support.
- Avoid strings or necklaces around the neck as they can choke a baby.
- A baby can roll or fall off of a high surface. Keep a hand on him when changing clothes and/or diapers.
- Babies need constant supervision when bathing.

## Crying

- Crying is a normal way babies communicate hunger, discomfort, distress, or a need to connect with you.
- As your baby becomes more alert, they will begin to cry more. This is normal. Crying spells peak around 6 weeks of age.
- Some babies cry much more than others and sometimes it can feel as if nothing works. Just by being with your baby, they learn that they can trust and rely on you. Trust yourself and reach out when you need support.

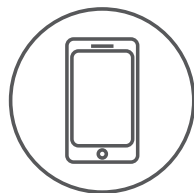
## Overseas Travel

If you will be traveling with your family overseas, talk with your doctor about travel questions, or you can request an online pre-travel health consultation through our [eTravel Clinic](#).

## Questions or concerns?



Schedule your next visit on our website.  
[AllegroPediatrics.com](https://www.allegropediatrics.com)



A nurse is available 24 hours a day.  
(425) 827-4600



We have clinics open 7 days a week.