

## Immunizations



Your baby does not need any vaccinations today unless he/she did not receive the Hepatitis B vaccine at birth. Routine vaccinations will begin at the two month visit. Today I can give you Vaccine Information Sheets for *all* the vaccines your infant will receive by two years of age if you would like to read over these prior to your next visit. Just ask!



Your baby's next visit will be at two months of age unless we have discussed something different. Please call if you have any questions or concerns before that visit. See you then!

## REMEMBER!!

Your baby's immune system is not fully developed for the first few months and is therefore more susceptible to serious infection.

***Call Immediately for any fever (99.5 axillary or higher) or any unusual fussiness. In your Infant.***



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# One Month

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## Development

Your baby should now be having more periods of wakefulness, occasionally staying awake between feedings to look around and observe his surroundings. He should be focusing on your face and able to track you or an object for a few seconds. As her ability to focus on objects farther away improves, she will begin making her first friends—lights, fans or mobiles! Your baby should now be on a fairly routine schedule, waking every 2-4 hours for feedings on her own. Breast milk is the perfect food for infants and contains all the nutrients your baby needs in the first four to six months of life without any supplemental foods. Formula with iron is recommended for infants who are not breastfed or who require supplementation. When babies reach 10-12 pounds, they should be able to sleep one longer stretch at night, anywhere from 5-6 hours. This usually happens in the early evening. You'll know when he's ready when he begins "cluster feeding" in the evening. By two months of age, most babies should be doing this consistently. In addition, now is the time to establish independent sleep patterns by allowing her to fall asleep on her own without being held.

## Stools



All breastfed infants should have one soft stool every 1-3 days. Formula-fed infants should have at least one soft stool daily. **Constipation** is hard, formed, difficult to pass stools. It occasionally occurs in formula-fed infants or breastfed infants who receive a supplemental bottle. If your baby is constipated, it can usually be corrected by offering one ounce of regular apple juice mixed with one ounce of water given once or twice a day until stools are soft again. If this does not correct the problem, let us know.

## Safety



Remember to place your baby on his/her **BACK** for sleeping and make sure caregivers are aware of this as well. Ensure there are no loose, soft bedding or soft toys in the crib because they are associated with an increased risk of SIDS. The room temperature should be comfortable and not too warm—a fan to circulate air may decrease SIDS risk. Never leave your baby unattended on beds, sofas, changing tables, etc. Infants this age will occasionally wiggle or turn over and fall off! **NEVER** pick up the infant seat without having your baby strapped in. Falls from improperly locked handles can cause serious injury to infants.



If your infant did not pass his/her *hearing screen* at birth, was in the NICU or you have a family history of congenital hearing loss, this test will need to be repeated at four to six weeks of age.