

# My Baby

at 1 month



## Remember:

- ★ Mom needs a 6-week check-up. It is important to be sure her body has healed.
- ★ Older children need special time with adults—reading books or playing games.
- ★ Baby's next immunizations are due at 2 months of age.

## Don't forget . . . I can

- Make small sounds.
- Enjoy looking at bright colors and patterns, but prefer faces.
- Still sleep up to 17 hours a day, and will have longer periods of being awake.
- Become upset if there's too much noise.
- Raise my head when lying on my tummy.
- Have fussy periods lasting up to 4 hours.
- Have a wide range of stools:
  - Breastfed: range from 5-6 stools per day to 2 stools per week
  - Formula-fed: usually 1 stool a day. Color may vary.

## Call my health care provider if I...

- Have a fever.
- Refuse to eat.
- Am vomiting or having diarrhea
- Am acting in a way that concerns you.

## By the 1st month...

- ♥ Your baby may start having a schedule.
- ♥ Your baby enjoys Mom or Dad's voice.
- ♥ Your baby turns to your voice.
- ♥ A calm routine may help your baby sleep.

## Watch me grow! I can . . .

- Gain 5-8 ounces per week!
- Grow about 1 inch each month.

## Keep me safe ...

- Never leave me unattended on a chair, bed, couch, etc.
- Do not shake me or throw me in the air—my head is fragile.
- Carefully select a babysitter and child care provider.
- Continue to use an approved car seat.
- Put me to sleep on a firm surface on my back with no loose blankets or toys around me. I should be the only soft thing in the crib!
- Make sure I have a smoke-free place to sleep.

## I need...

- To be talked and read to.
- To look at your face and objects with patterns.
- A routine and quiet place to rest.
- Time on my tummy.
- Comfort—rocking, snuggling, singing, gentle words.
- To be held and cuddled during feedings.
- To breastfeed on demand.
- To be bottle-fed 20-29 oz. per day.
- To have my sucking needs met.
- To have my skin cleaned with every diaper change.

## Exploring my world . . . I can

- Follow bright objects.
- Recognize parent/caregiver's face and voice.
- Briefly calm myself by sucking on my hand or listening to your gentle words.

## Hey! CHECK ME OUT!

### *Have you seen me . . .*

- ✓ Make small sounds
- ✓ Looking at your face
- ✓ Raise my head when lying on my stomach



## The Path to Reading... 1 month

It's never too early to start making books and language an important part of your child's life. The small steps you take now will put your child on the road to reading success!

### You can:

- ★ **Talk** during bath time, playtime, diaper changing time, anytime! Babies learn to talk when you talk to them.
- ★ **Sing** during quiet time and rest time. Babies love to hear the rhythm of your voice and it helps to calm them.

**Book Corner:** Babies like books with simple, large pictures or designs with bright colors. Black, white, and red colors are easy for baby to see at this young age.

## Check out these websites and apps for FREE info!



WIC Website for Feeding Information  
[www.michigan.gov](http://www.michigan.gov)



Your Child—General Health information:  
<http://www.med.umich.edu/yourchild/index.htm>



Free Baby Care App:  
(Google Play)



WebMD Baby App:  
<http://www.webmd.com/webmdbabyapp>



**POISON CONTROL**  
Available 24 hours a day  
7 days a week

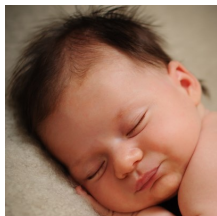
**1-800-222-1222**



 Find us on Facebook!



Follow us on Twitter! 



**nwhealth.org**  
**(800) 432-4121**



205 Grove St.  
Mancelona, MI 49659

209 Portage Dr.  
Bellaire, MI 49615

220 W. Garfield  
Charlevoix, MI 49720

3434 M-199, Suite A  
Harbor Springs, MI 49740

95 Livingston Blvd.  
Gaylord, MI 49735

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:  
(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) Fax: (202) 690-7442; or  
(3) Email: [program\\_intake@usda.gov](mailto:program_intake@usda.gov).  
This institution is an equal opportunity provider.