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## 1 MONTH

**Immunizations:** Hepatitis B #2.

### **Development:**

**Motor:** Hold their head up for brief moments, and may move head from side to side when lying on stomach. Keep hands in tight fists.. Most movements are all still reflexes.

\*\* Practice tummy time!

**Vision/Hearing:** Can focus 8-12 inches away. Eyes wander and often cross. Prefers black-and-white or high contrast patterns. Very interested in faces. Loud noises will startle a baby.

“Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child’s development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal.

Consequently, these guidelines are offered as a way of showing general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.”

Written by Donna Warner Manczak, Ph.D., M.P.H.

**Feeding:** Establishing a routine with sleep and feeding can help babies know what to expect.

- Continue to feed your baby on demand. Signs when they are hungry - putting hands to mouth, sucking, rooting, and fussing. When full a baby will often turning away from the breast or nipple, closing the mouth, and relaxing arms and hands.
- Between 6 and 8 weeks, your baby may be hungrier due to a growth spurt.
- Still no water, juice, or solids for your baby. Do not put cereal in your baby's bottle.
- Attempt to burp your baby midway through and at the end of feedings.
- **Breast feeding:**
  - When well established, it's OK to introduce a bottle or pacifier.
  - If you haven't already, you can start pumping to store breast milk for future use.
  - If you plan to return to work, introduce the bottle to get your baby used to bottle-feeding also.
  - Continue Vitamin D supplement for baby and your prenatal vitamins.
  - Freshly expressed milk can be stored at room temperature for up to 4 hrs and in the refrigerator for up to 4 days. Thawed breast milk can be kept at room temperature for 1-2 hrs, and in a refrigerator for 24 hrs. Do not refreeze breast milk.
- **Formula feeding:**
  - Always follow the formula package's instructions when making formulas.
  - Formula can be left out at room temperature for 1 hr.



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- Once made from powder, formula can be stored in the refrigerator for 24 hrs as long as your baby hasn't drank from it. If any remains in the bottle after a baby eats, that should be thrown away.
- Don't prop bottles or put your baby to bed with a bottle.

**Common Concerns:**

**Nasal Congestion:**

- Almost all babies will have a stuffy nose at some point, often due to our dry environment and reflux. Saline nasal drops can be used to loosen the secretions - put a few drops in each nostril, then use a bulb syringe or nose frida to remove mucus. Best to do this before eating and sleeping. Your baby is likely to cry during this, but when done gently no harm is done. Also a cool mist humidifier or vaporizer in their room can help.

**Constipation:**

- Not all babies have bowel movements every day. If soft/liquid stool every few days, this is normal. They may struggle to get stool out because they have difficulty relaxing their anal muscles.
- If your baby is struggling to stool - you can try massaging abdomen, bicycle legs, warm bath. If it has been more than 4-5 days you may try to stimulate the baby to pass a stool by inserting a thermometer into the baby's anus. Call if the problem persists, do not give laxatives or enemas unless instructed to do so by a doctor.
- If a baby has a dry, hard pebble like stool, this is considered constipation and you should call for advice.

**Cradle Cap (Seborrheic dermatitis):** A scaly, rough area on the scalp with flaking skin

- Nothing needs to be done if mild, but if desired olive oil can be massaged into the scalp with a soft bristle brush. After bathing this is going to be notably worse; a soft bristle brush can be used to remove the crust. It may take 6-12 months to fully resolve.

**Fussiness:**

- Crying is normal and may increase when the baby is 6-8 wks old. Most often their fussiness is worse in the late afternoon or evening. This can last from a few minutes to a couple hours. If more than this, anytime during the day and without a recognizable pattern, this may be colic.
- Try comforting with the 5 S's- swaddle, side or stomach position, shush, swing, and suck.
- Never shake a baby. If you feel upset, put the baby in a safe place and call for help.

**Safety:**

- **Bathing:** Hot water can cause scalding and severe burns. Before immersing your baby in water, check the temperature with your arm. If the water is too hot for your arm, it is too hot for your baby. Never, ever, leave the baby unattended at bath time



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- Falls: The baby's crib, bassinet, and playpen are the only safe places for a baby to be left alone. Babies wiggle and roll all over. You never know when they're going to roll over or flip. Always keep a hand on your baby when on a changing table.
- Sleep: Place your baby to sleep on his/her back on a firm mattress in their own crib or bassinet with hard or breathable walls. Co-sleeping is not recommended. Don't use soft pillows, plush toys or crib bumpers. Avoid overheating by dressing your baby in only one more layer of clothing than you would wear. It is recommended to have babies in the parent's room until 6 months if possible. These measures reduce the risk of SIDS (Sudden infant Death Syndrome). If you are having difficulty getting your baby to sleep, please talk with us about a safe solution.
- Car seats: Place the infant's car seat in the center of the second row facing towards the rear. This is best until at least 2 years of age. Make sure your baby is securely buckled, with the harness straps at the level of the armpits. Never remove the baby from a car seat when the vehicle is moving. Never carry your baby in your arms while driving or as a passenger in a car. For more information about safety, and inspection locations <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>

**Additional resources provided on our website [www.kjkidmd.com](http://www.kjkidmd.com) and facebook page @KidDocs.Armann.Chase**