

1 Month Visit

Mother's Well-Being

- Call us or your obstetrician if you are feeling overwhelmed or sad for more than a few days.
- Remember to go for your postpartum checkup.
- Know that returning to work or school is hard for many parents.
- Find safe, loving child care for your baby.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Feeding Baby

- Feed only breast milk or formula in the first 4-6 months. Do not give water.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger, including: puts hands to mouth, sucks or roots for food and fussing.
- End a feed when your baby is full: turns away, closes mouth, or relaxes hands.
- Breast or bottle feed 8-12 times per day.
- Burp your baby during natural feeding breaks.
- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If Breastfeeding:

- Continue to take your prenatal vitamins.
- When breast feeding is going well, you can offer your baby a bottle or pacifier.

If Formula Feeding:

- Always prepare, heat and store formula safely. If you need help, ask us.
- Feed your baby 2 oz every 2-3 hours. If your baby is still hungry, you can offer more.
- Do not prop the bottle.
- Hold your baby so you can look at each other.
- Never put your baby to bed with a bottle in the crib.

Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Give your baby a pacifier when sleeping.
- Put your baby to sleep safely on his/her back:
 - In a safe crib in your room, not in your bed.
 - Swaddled or in a sleep sack.
 - Do not use loose, soft bedding or toys in the crib. Do not use comforters, pillows, thick blankets or bumper pads.
 - Use a crib with slats close together, 2 3/8 inches apart or less.
 - Keep the baby from getting too warm or cold.
- Hold and cuddle your baby often.
- Tummy time: Put your baby on his tummy when awake and you are there to watch.

- Crying is normal and may increase when your baby is 6-8 weeks old.
- When your baby is crying, comfort him by talking, patting, stroking, and rocking
- Never shake your baby.
- If you feel upset, put your baby in a safe place and call for help.

Your Baby and Your Family

- Plan with your partner, friends, and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet. There are resources in the community that can help you.
- Join a new parents group, especially if you feel alone or lonely.
- Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.

Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Your baby should never be in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep hanging cords or strings away from your baby. Keep necklaces and bracelets off of your baby.
- Keep a hand on your baby when changing clothes or diapers.
- Have a list of phone numbers in case of emergency.
- Have anyone who touches the baby wash their hands first. Wash your hands often.
- If your baby has a temperature above 100 degrees in the first 2 months of life, call your doctor immediately. Fevers are serious at this age.
- Keep your baby out of the sun.

What to Expect at Your Baby's 2 Month Visit

We will talk about...

- Sleep and crib safety
- Getting back to school or work
- Feeding your baby
- Starting vaccinations

Poison Control Help Line: 1800-222-1222
Child Safety Seat Inspection: 1-866-SEATCHECK or seatcheck.org



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