

**PARKSIDE PEDIATRICS, S.C.**  
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Hours: Mon. and Tues. 9-5  
Thurs. 12-8  
Fri. and Sat. 9-1  
Phone: 847/823-8000

Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Head \_\_\_\_\_

**ONE MONTH OLD INSTRUCTIONS**

**FEEDING:**

**Breast:** Your infant will average 6-7 feedings in 24 hours at the beginning of the month, decreasing to 5-6 feedings by the end of the month. To increase flexibility of the feeding routine, you may now replace one of the breast feedings with a bottle feeding. You may use either expressed breast milk or Enfamil NeuroPro formula. If formula is used, powder is more economical,

**Bottle:** The typical infant feeds 5-6 times per day, taking on average 4-5 ounces per feeding. Remember: When your child has finished the last drop of 5 bottles in a row, increase the volume by one half ounce the next time you prepare bottles (example: from 4 to 4½ ounces per bottle).

**Water:** Extra water is not necessary at this age. If water is used for an occasional small supplement or for formula preparation, the best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

**VITAMINS:**

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron (an over the counter vitamin), should be given at a dose of 1.0 ml (one dropper) per day. Formula only fed children need no additional vitamins.

**SLEEP:**

The average child will sleep 8 to 9 hours at night and take 3 daytime naps totaling 7 hours. Most infants do not sleep through the night at this age.

**DEVELOPMENT:**

Over the next month you will note improving head control, the hands will more frequently be held open rather than in a fist, and your child will be better able to fixate on objects such as your face. Also in the next 1-2 months, your child will begin to smile and coo. Start increasing the time your infant spends belly down for play (not sleep) to facilitate later development.

## **HYGIENE:**

It is still very important for everyone that handles the baby, including Mom and Dad, to wash their hands first.

Continue to avoid exposing the child to anyone who is ill.

Reminder: Do not place Q-Tips in your child's nose or ears.

Cutting your child's nails can be a 2 person job. Using cuticle scissors or a nail file is safer than nail clippers.

Wipe the gums twice per day with a slightly wet gauze pad.

The best prevention for diaper rash, is frequent changes especially when your child has a bowel movement. Be careful not to wipe too aggressively which by itself can cause irritation.

Until 4 months of age, baby acne may be noted. This is normal and no extra treatment is usually required.

Continue with a daily bath using a mild soap on the face. Do not apply oil to the face, try to "pop" the pimples, or scrub vigorously.

## **SAFETY:**

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

The wiggling and pushing that your child does can easily result in a fall. Soon your child will be able to roll over increasing the chances of injury. Do not leave your child unattended in high places such as changing tables, beds, and sofas. Call us if your child doesn't act normally after a minor head injury, such as being hit by a sibling. Also call for any potentially significant accidents, such as a fall.

## **Acetaminophen Dosages**

**Give No More Often Than Every 4 Hours with a maximum of 5 times in a 24 hour period.**

**To be given only upon a physician's instructions prior to one year of age.**

<b><u>Weight (lbs)</u></b>	<b><u>Dose (mg)</u></b>	<b><u>Elixir (160mg/tsp)</u></b>
6-8	40	1.25cc
9-11	60	1.75cc
12-14	80	2.5cc
15-17	100	3cc
18-23	120	3.75cc
24-29	160	5cc