

Well Child Care in the First Month

Feeding

Your baby is growing! At this age, a baby only needs breast milk or infant formula. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Breast-fed babies should usually feed about 10 minutes at each breast during each feeding. Breast-fed babies may want to nurse as often as every 2 hours. Babies usually wake up at night to feed. This is normal. Cereal or baby food is not needed yet. Babies can have food allergies if solids are started too early. Babies will not sleep through the night sooner if fed solids earlier. If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not feed.

It is important to hold your baby during feeding. This is a good time to talk and play. Hold a bottle and not do prop it up.

Mixing formula: If you use concentrated liquid formula, always mix 1 can of formula with 1 can of tap water. Keep the mixture in the refrigerator. If you get powdered formula, mix 2 ounces of water per 1 scoop of formula.

Sleep

Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. The recommendation is based on information that shows that sleeping on the back reduces the risk of sudden infant death syndrome (SIDS).

Bowel and Bladder

Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask us about bowel movements that are hard (constipation). Babies usually wet the diaper at least 6 times each day.

Stuffy Noses

Many parents are concerned that their babies are suffering from stuffy noses. Babies often have noisy breathing at first. This is due to many causes. Baby noses are tiny and a little bit of obstruction makes a whole lot of noise. The cartilage in your child's nose is loose and floppy just like in his ears. This can make a sound that mimics mucus. And your baby cannot blow his nose or clear it himself. If you see mucous in the nasal passage, you can use your bulb syringe to remove it. If your baby seems to be having difficulty sleeping or feeding due to obstruction you should use nasal saline to clear the nose. If the breathing difficulty is more severe call our office.

Call Our Office If:

- Your baby develops a fever.
- Your child is very irritable and you cannot calm him.