

WELL CHILD VISIT



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DEVELOPMENT

Daily Activities:

- Crying gradually becomes less frequent
- Displays greater variety of emotions: distress, excitement, delight
- May begin to sleep through the night!!!
- Smiles, gurgles, coos
- Quiets down when held
- Starts to lift head briefly
- May show distress when adult leaves

Motor Skills:

- Movements become smoother
- May lift chest momentarily
- Discovers hands and fingers
- Grasps objects
- Head lag remains

Vision:

- Eyes begin to focus better with 12-inch field
- Prefers objects with contrast
- May follow objects by moving head side to side

Hearing:

- Able to discern a male from female voice
- Knows the difference between friendly and angry voices

One (1) Month

Congratulations on making it this far. We hope your new addition is bringing you great joy.

How are you doing?

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

FEEDING

- Your baby still needs only breast milk or infant formula to continue healthy growth. Most babies are taking approximately 4 ounces every 3 hours. Now is not the time for cereal. We'll cover solids in detail at the 4-month visit.
- Always hold you baby during feeding time. This will help your baby learn that you are there to meet his/her needs.

SAFETY TIPS

- Never leave your child alone, except in crib.
- Avoid choking hazards and suffocation.
- Use a crib with slats not more than 2 3/8" apart.
- Place your baby in the bed on his/her **back ONLY**.
- Keep pillows, animals and extra blankets out of the crib. Keep crib sides up.
- Never eat, drink, or carry anything hot while you are holding the baby.
- Set water temperature to 120°F (50°C).
- Never allow smoke near your baby.
- Use an approved infant car safety seat. Follow instructions for proper installation. Parents should wear seat belts to set good example.
- Avoid sunscreen and bug spray until 6 months.



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YOUR NEXT VISIT:

Return in one month- at that time, your child will receive Pediarix, Prevnar, Rotateq and Hib immunizations. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Good luck.

SCREENINGS:

NO WORRIES

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 behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a 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 others later as they continue to grow and learn.

CALL US IMMEDIATELY IF:

- Your baby develops a fever over 100.5 axillary (oral)
- Your baby is irritable, and you cannot calm him/her

A LITTLE NOTE:

Almost all babies develop nasal congestion during the 3rd or 4th week. This is usually normal and does not mean your child is ill. We recommend saline irrigation and a bulb syringe as the best treatment. Saline solution can be made at home by combining 8 ounces of water with ¼ tsp. table salt and a pinch of baking soda. This may be kept in the refrigerator for several days.

CONSTIPATION: WHAT IS IT?

Although we hope our children will pass 1-2 bowel movements every day, we do not become concerned unless your child has not passed any bowel movement for 4 days. Frequently only patience is required. Call us if you need further help.

FUN ACTIVITIES WITH YOUR ONE MONTH OLD

Cherish those night time feedings. You will miss them when they are over. Share music, especially classical—Dr. Greg endorses jazz as well. And, by all means, snuggle with your baby. Encourage siblings to participate in care.