

INFANCY / 1 MONTH

Promotion of healthy habits

Injury and illness prevention

All infants should be in a rear facing car safety seat secured in the back seat. Your baby must remain in the car safety seat at all times during travel.

Continue to put your baby to sleep on their back or side.

Use "Tummy Time" when awake.

Help your baby establish a routine for sleeping and eating.

Ensure that your baby's crib is safe. The slats should be no more than 2 3/8" apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put your baby to sleep on a soft surface such as a waterbed, couch, or pillow. Have your baby sleep in their own crib.

Set hot water heater thermostat at less than 120° F.
Test the water temperature with your wrist to make sure it is not hot before bathing your baby.

Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on your baby.

Change your baby's diaper frequently to help prevent diaper rash. Use fragrance -free soaps /lotions and avoid using powder.

Never leave your baby alone or with a young sibling or pet.

Keep your baby's environment free of smoke. Keep your home and car nonsmoking zones.

Install smoke detectors if not already in place and make sure they work properly.

Avoid overexposure to the sun.

Do not drink hot liquids or smoke while holding your baby.

Keep toys with small parts or other small or sharp objects out of reach.

Wash hands frequently and avoid crowds.

Review emergency procedures:

Learn CPR/ Infant first aid

Make a list of emergency phone numbers

Nutrition

Review successful breastfeeding practices with your healthcare professional such as; feeding on cue 8-12 times a day for the first four to six weeks; and feeding until your baby seems content.

Review your care with your healthcare professional: obtaining plenty of rest, drinking plenty of fluids; relieving breast engorgement; caring for nipples; and eating properly. Receive follow-up support from your healthcare professional or lactation consultant by telephone, home visit, nurse visit, or early office visit.

If you are bottle-feeding: Ensure that your baby receives an appropriate amount of iron-fortified formula at the appropriate frequency. Bottles feed 8-12 times a day and burp your baby during natural feeding breaks. Hold your baby in a semi sitting position to feed. Do not use a microwave oven to heat formula.

End feeding when you see signs that your baby is full:

- Turning away
- Closing their mouth
- Relaxed arms and legs

Your baby should be having 5-8 wet diapers and 3-4 stools each day.

Delay the introduction of solid foods until your baby is four to six months of age. Do not add cereal to your baby's bottle unless directed by your healthcare professional.

Do not give your baby honey until after their first birthday to prevent infant botulism.

Oral health

To avoid developing a habit that will harm your baby's teeth, do not put them to bed with a bottle or prop it in their mouth.

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Promotion of parent-infant interaction that is mutually enjoyable and satisfying

Learn about your baby's temperament and how it affects the way they relate to the world.

Crying is normal and may increase when your baby is 6-8 weeks old.

Try to console your baby, but recognize that they may not always be consolable regardless of what you do. Crying may increase during the next few weeks, including a possible peak of approximately three hours per day at six weeks of age. Discuss any concerns with the health professional.

Nurture your baby by holding, cuddling, rocking, talking and singing to them.

Spend time playing with and talking to your baby during their quiet, alert states.

Promotion of constructive family relationships and parental health

Continue to try to rest and take time for yourself.

Spend some individual time with your partner.

Keep in contact with friends and family members. Avoid social isolation.

Seek help for domestic violence.

Encourage your partner to participate in the care of your baby.

Continue to provide attention to the other children in the family, including them appropriately in the care of your baby.

Discuss family planning with your partner.

Be sure to schedule and keep your postpartum checkup. Recognize "baby blues" and contact your doctor with concerns.

Promotion of community interactions

Ask about resources or referrals for food (e.g., WIC), housing, or transportation if needed.

Learn about and consider attending parent education classes and/or parent-child play groups.

Maintain or expand ties to your community through social, religious, cultural, volunteer, and recreational organizations or resources.

For mother returning to work or school: Make plans for child care; breastfeeding.