

## Newborn to One Month



As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor. To learn more visit <https://tinyurl.com/szcdjqa>

### Your baby will

- Sleep 14-17 hours during a day, waking every 2-4 hours to eat
- Raise head slightly when on tummy
- Focus on objects 8-15 inches away
- Startle to sharp noises, be comforted by voice and touch
- Communicate by crying and other noises

### You can

- Use high pitch, speak slowly, repeat simple phrases
- Look, cuddle, and rock baby while talking
- Provide tummy time for short periods throughout the day
- Sleep or rest while your baby sleeps

For more information visit <https://tinyurl.com/vlyoxb6>

Nearly all babies lose weight after birth. Most babies leave the hospital weighing less than they did at birth. Most babies return to or exceed birth weight by two weeks of age.

Call your doctor with any questions or concerns.

When your baby has regular checkups, her doctor is able to track her growth and development and identify concerns. You have a chance to build a relationship of trust and address your concerns. Your baby will see her provider during her first week of life and at 2-3 weeks. She will receive immunizations at the two month check up.

For more information visit <https://tinyurl.com/he2exr9>

### Keep your baby safe

- Avoid exposure to cigarette smoke
- Must be in rear-facing car seat until 2 years of age <https://tinyurl.com/olvsczo>
- Avoid sun exposure – keep baby in shade & use protective clothing.
- Never shake your baby — it can cause [bleeding in the brain](#) and even death
- Supervise your baby at all times

Baby should ALWAYS be laid on his back and in his own crib or Pack 'n Play to sleep. Visit this website to test your knowledge of safe sleep practices.

<https://tinyurl.com/y6a85ver>

### Feed your baby!

Your baby will eat frequently. If you are breastfeeding, expect to feed your baby every 1-2 hours at first. Formula fed babies may drink 2 ounces every 2 hours. Feed your baby on demand. Don't try to schedule feedings. Your baby will go through two growth spurts during their first month! At first, your baby's poop will be very dark. It will lighten to a yellow color and may look seedy if you are breastfeeding. Your baby will have several wet diapers each day.

<https://tinyurl.com/y9gflmtj>

- Breast milk or formula is the only food your baby needs.
- Wipe mouth with clean, damp washcloth after feeding
- Breastfeed as long as desired, pump when away from baby
- Call doctor or peer counselor with breastfeeding questions or concerns

### Remember to take care of you!

Taking care of baby requires a lot of energy and attention. It will be easier to do this if you are taking care of yourself. It's common for new moms to feel tired and overwhelmed at times. But if these feelings are intense or you feel sad, moody, or anxious, call your doctor.

<https://tinyurl.com/yx3nrwmz>

- Take time for yourself
- Take time together with your partner
- Spend time alone with your other children
- Encourage your partner to help care for your baby
- Choose a mature, trained, and responsible babysitter or caregiver

**Poison Control Hotline 1-800-222-1222**

