

Bloomfield Pediatric Care

www.bloomfieldpediatriccare.com

43205 Woodward Avenue Bloomfield Hills, MI 48302

1 Month Well Visit

Growth & Development Milestones

- ✓ Wake through the night to feed every 3-4 hours
- ✓ Start reaching for things with their hands
- ✓ Smile and coo when happy and content
- ✓ May strain with soft bowel movements
- ✓ Sleeping 16 or more hours/day
- ✓ Following objects to midline with eyes
- ✓ Movements gradually become smoother and more controlled
- ✓ Lifts chin for a few seconds when lying on tummy
- ✓ Starts to support head without help
- ✓ Grasps whatever is placed in hand
- ✓ Turns in direction of some sounds
- ✓ Makes eye contact and cries when left alone

Personal Health & Wellness

- ✓ Breast/formula recommended until age 1
- ✓ Baby needs 15-20 ounces of breast milk or formula daily for bone growth (4-5 oz every 3-4 hours)
- ✓ Always hold your baby during feedings
- ✓ Pumped breast milk can be given by bottle occasionally to give baby another way to drink and others to enjoy bonding
- ✓ **NO** juices
- ✓ Clean gums twice a day with soft cloth
- ✓ Never put baby to bed with a bottle
- ✓ No toys or blankets in the crib

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs
- ✓ Never eat, drink or carry anything hot when carrying baby

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important, assess with survey on your knees
- ✓ Keep cords, strings, hanging mobiles away
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Poison Control number available to all caregivers**
- ✓ **Never leave your baby alone in car or high places**
- ✓ **Co-sleeping is dangerous and not recommended**

For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/well-child-care/well-child-care-at-1-month/>



Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



Office Hours:

Monday – Friday 9:00 am to 5:00 pm

Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888