



# 1 Month

CHECK UP

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## **NEW WINDSOR PEDIATRICS, PLLC**

448 Temple Hill Road                      377 Broadway  
New Windsor, NY 12553      Newburgh, NY 12550

PHONE: 845-562-2191      FAX: 845-913-7172

OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.  
Sat. 8:00 a.m. – 3:00 p.m.      Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

## **SAFETY**

1. Always use rear facing car seat while driving.
2. Never leave baby unattended unless in crib or playpen. Babies can fall off of high places even if you think they cannot move.
3. Do not tie pacifier string around baby's neck.
4. Protect baby's skin from sunlight. They can burn easily.
5. Bathe infant in very shallow water and never leave unattended near water.
6. Check smoke detectors. There should be one on every floor.

## **NUTRITION**

### **BREASTFEEDING:**

Babies are usually breastfeeding every two to three hours at this age. Today's weight will reassure you and the doctor that the milk intake is adequate.

### **FORMULA:**

We recommend cow's milk based formula until 12 months of age. If allergy occurs or an intolerance develops we can try other formulas.

### **SOLID:**

Not necessary until 4 -6 months of age.

## **COMMON PROBLEMS**

**CRYING/FUSSY:** Most infants cry for at least part of the day for reasons other than hunger. This behavior increases for the first six weeks and gradually disappears by 3 months of age. Some babies cry and seem gassy for many hours a day, usually in the evening. Please call and talk to us if this crying seems excessive to you.

**SLEEPING:** Most babies will begin to stretch out the time between night feedings at two months. Adding solids to bottle has not shown to increase sleeping length between feedings.

## **TODAY'S IMMUNIZATIONS**

Hepatitis B vaccine #2: Less than 5% of babies have a low grade fever.

### **NEXT VISIT:**

Please return for next check up when baby is 2 MONTHS. Scheduled vaccines are DTaP, HIB, Polio, Pneumococcal and Rotovirus.