Bright Futures Parent Handout
1 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

How You Are Feeling

• Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
• Call for help if you feel sad or blue, or very tired for more than a few days.
• Know that returning to work or school is hard for many parents.
• Find safe, loving child care for your baby. You can ask us for help.
• If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Getting to Know Your Baby

• Have simple routines each day for bathing, feeding, sleeping, and playing.
• Put your baby to sleep on his back.
  • In a crib, in your room, not in your bed.
  • In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
• If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
• Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
• Give your baby a pacifier if he wants it.
• Hold and cuddle your baby often.
  • Tummy time—put your baby on his tummy when awake and you are there to watch.
• Crying is normal and may increase when your baby is 6–8 weeks old.
• When your baby is crying, comfort him by talking, patting, stroking, and rocking.
  • Never shake your baby.
• If you feel upset, put your baby in a safe place; call for help.

Safety

• Use a rear-facing car safety seat in all vehicles.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your seat belt and never drive after using alcohol or drugs.
• Keep your car and home smoke-free.
• Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
• Keep a hand on your baby when changing clothes or the diaper.

Your Baby and Family

• Plan with your partner, friends, and family to have time for yourself.
• Take time with your partner too.
• Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you.
• Join a new parents group or call us for help to connect to others if you feel alone and lonely.
• Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.
• Prepare for an emergency/illness.
  • Keep a first-aid kit in your home.
  • Learn infant CPR.
  • Have a list of emergency phone numbers.
• Know how to take your baby’s temperature rectally. Call us if it is 100.4°F (38.0°C) or higher.
• Wash your hands often to help your baby stay healthy.

Feeding Your Baby

• Feed your baby only breast milk or iron-fortified formula in the first 4–6 months.
• Pat, rock, undress, or change the diaper to wake your baby to feed.
• Feed your baby when you see signs of hunger.
• Put hand to mouth
• Sucking, rooting, and fussing
• End feeding when you see signs your baby is full.
• Turning away
• Closing the mouth
• Relaxed arms and hands
• Breastfeed or bottle-feed 8–12 times per day.
• Burp your baby during natural feeding breaks.
• Having 5–8 wet diapers and 3–4 stools each day shows your baby is eating well.

If Breastfeeding

• Continue to take your prenatal vitamins.
• When breastfeeding is going well (usually at 4–6 weeks), you can offer your baby a bottle or pacifier.

If Formula Feeding

• Always prepare, heat, and store formula safely. If you need help, ask us.
• Feed your baby 2 oz every 2–3 hours. If your baby is still hungry, you can feed more.
• Hold your baby so you can look at each other.
• Do not prop the bottle.

What to Expect at Your Baby’s 2 Month Visit

We will talk about

• Taking care of yourself and your family
• Sleep and crib safety
• Keeping your home safe for your baby
• Getting back to work or school and finding child care
• Feeding your baby

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

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