

HEALTHY *and* SAFE at 1 Month

Tips for Keeping Your Baby Healthy and Safe

Getting to Know Your Baby

- Start new routines for bathing, feeding, sleeping and playing daily.
- Crying is normal. Your baby might cry more when he is 6-8 weeks old.
- When your baby is crying, comfort him by talking, patting, stroking and rocking.
- Hold and cuddle your baby often.
- Put your baby on his tummy when awake and you are there to watch.

Keeping Your Baby Healthy

- Prepare for an emergency or 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 your child's doctor or nurse 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 only breast milk or iron-fortified formula for your baby's first 6 months.
- Feed when your baby is hungry. Your baby may:
 - Put hand to mouth
 - Suck or fuss
- End feeding when you see your baby is full.
- Your baby may:
 - Turn away
 - Close mouth
 - Relax hands
- Burp your baby during natural feeding breaks.



Taking Care of Yourself

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Plan with your partner, friends, and family to have time for yourself.
- Take time with your partner, too.
- Let your child's doctor or nurse know if you are having any problems and cannot make ends meet. There are resources in the community that can help you.

Formula Feeding

- 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.
- Always prepare, heat and store formula safely. If you need help, ask your child's doctor or nurse.
- Do not prop the bottle.

Breastfeeding

- Breastfeed 8–12 times per day.
- When breastfeeding is going well (usually at 4-6 weeks), you can offer your baby a bottle or pacifier.
- Having 5-8 wet diapers and 3-4 poopy diapers each day shows your baby is eating well.

Keeping Your Baby Safe

- Keep your car and home smoke free.
- Keep cords, strings, and necklaces away from your baby.
- If you use a playpen, make sure the weave is less than ¼ inch.
- Keep a hand on your baby when changing clothes or the diaper.
- Never shake your baby.
- If you feel upset, put your baby in a safe place and call for help.

Car Safety

- The car safety seat should be in the middle of the back seat facing backwards in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Always wear a seat belt.
- Never drink and drive.

Your Safety and Mental Health

- Join a new parents group or call your doctor or nurse for help to connect to others if you feel alone and lonely.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Call for help if you are ever hurt by someone or if you and your baby are not safe at home.

Sleep and Your Baby

- Put your baby to sleep on his back.
- Your baby should sleep in a crib in your room, not in your bed.
 - Use a crib with slats less than 2 3/8 inches apart.
 - Don't use a crib with drop sides.
- Pat, rock, undress or change the diaper to wake your baby to feed.

Planning for Child Care

- Going back to work or school can be hard for many parents.
- Find safe, loving child care for your baby. You can ask your child's doctor or nurse for help.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

What to Expect at your Baby's 2 Month Visit:

Your child's doctor 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

To Learn More

- **Poison Control Center** 1-800-222-1222
- **Child Safety Seat Inspection** 1-866-SEATCHECK, 1-866-732-8243 or www.seatcheck.org
- **Immunizations** at aap.org/immunization
- **MaineHealth Learning Resource Center** 1-866-609-5183 or <https://mainehealth.org/healthy-communities/learning-resource-center>
- **Barbara Bush Children's Hospital** www.bbch.org
- **American Academy of Pediatrics** healthychildren.org
- **2-1-1 Maine** (a directory of local services) 211 or 1-877-463-6207 or 211maine.org
- **MaineHealth** mainehealth.org