



11-2009

## SP418-C-Healthy Children\_1 Month Old

The University of Tennessee Agricultural Extension Service

Follow this and additional works at: [http://trace.tennessee.edu/utk\\_agexfami](http://trace.tennessee.edu/utk_agexfami)

---

### Recommended Citation

"SP418-C-Healthy Children\_1 Month Old," The University of Tennessee Agricultural Extension Service, SP418-C 11/09(Rev.) 3M E12-5320-00-027-10 10-0077, [http://trace.tennessee.edu/utk\\_agexfami/8](http://trace.tennessee.edu/utk_agexfami/8)

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the [UT Ag Research website](#).

This Parenting, Children and Teens is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Family by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact [trace@utk.edu](mailto:trace@utk.edu).

PARENTS



# Healthy Children Ready to Learn

COMMUNITIES

# 1 MONTH OLD

Dear Parents — You and your baby are learning about each other!



*During this first month, both you and your baby will spend a lot of time getting to know one another. Most of your baby's time will be spent sleeping, crying or eating. Most of your time will be spent figuring out the best way to meet your baby's needs.*

Sometimes, you may feel tired and nervous and may lose your temper. Most parents feel like this at one time or another. Don't worry; these feelings will pass with time.

.....

• **TEENAGE PARENTS, YOU'RE NOT ALONE** •

• *More than 400,000* teenagers become parents each year. As a younger parent, •

• you may have some special concerns — like living with your parents, being accepted by •

• your friends or finishing your schooling. If you feel that you need some extra guidance or •

• counseling, see page 2 for some places to contact. •

.....

## Teenagers

### GOING FOR GUIDANCE

- **Your high school principal or counselor** can tell you about programs especially designed to help you finish your education while taking care of your baby.
- **Your local YWCA** may have programs for teens and teenage parents that can help you to further your education or help you with parenting skills.
- **Pregnancy Resource Centers** may offer parenting classes to new mothers. They often provide items to help mothers provide for the needs of their babies. Look in the Yellow Pages of your phone book under pregnancy counseling.
- **Your UT Extension office** may offer classes in parenting, nutrition, and managing your finances. You may find the phone number for your local office by visiting the UT Extension Web page at <http://extension.tennessee.edu/> or by looking for Extension or UT Extension under county government in the phone directory.



### KEEPING YOUR BABY'S RECORD

One way of checking on your baby's health is to keep a record. You can keep a small family health notebook in which you put down such items as height, weight, immunization schedule, how many teeth baby has and when she got them, and your baby's blood type.

Put down dates of illnesses and briefly describe the symptoms. You can refer to this notebook when your child starts school, as the school will need a record of immunizations. It will also be fun to look back through the book to see how your baby grew.

### WATCH OUT!

#### An Accident Can Happen in Any Home

If your child is exposed to something that could be poisonous or toxic, you should call the toll-free Poison Control Center at 1-800-222-1222. Keep that number by your phone. To learn more about how to prevent childhood poisoning, go to the UT Extension Health and Safety page at <http://fcs.tennessee.edu/healthsafety/poisonsafe.htm>

Your doctor, nurse, or clinic will be able to tell you the things you should keep handy at your home in case of small accidents or mild illnesses and what you should do if something more serious happens. For information on what to include in a first aid kit, check out the KidsHealth Web site at [http://kidshealth.org/parent/firstaid\\_safe/home/firstaid\\_kit.html](http://kidshealth.org/parent/firstaid_safe/home/firstaid_kit.html).

# WHAT'S IT LIKE TO BE 1 MONTH OLD?



## How I Grow

- I wobble my head if you don't hold me.
- I turn my head sideways when I'm on my stomach.
- I roll part-way from my back to my side.
- I keep my hands in a fist or slightly open most of the time.
- I root around and try to suck, even when I'm not feeding.

## How I Talk

- I'm beginning to make some throaty sounds.
- I cry when I'm hungry, wet or tired, or when I want to be held.

## How I Respond

- I make eye contact with you.
- I stare at things, but I don't grab for them yet.
- I don't show much expression on my face, but I will soon!
- I may smile when I see or hear you.
- I get scared by loud noises, bright lights or rough handling.



## How I Understand

- I prefer looking at patterns instead of solid colors.
- I know that I'm going to be fed at certain times.

## How I Feel

- I feel comforted when you hold me close, smile and talk gently to me. Don't be afraid of spoiling me.



# FEEDING YOUR BABY

*All your baby's food and nutrition needs for the next four to six months can be met with breast milk or formula with iron.*

Doctors recommend feeding breast milk only — no formula — for the first 6 months, if possible. Breastfeeding for the first year is best. You may add



solid foods beginning around six months. Breast milk has just the right amount of fat, sugar, water and protein that your baby needs to grow and develop. Breast milk is usually easier for babies to digest than formula, and it has antibodies that can protect your baby from

illness. Human milk, straight from the breast, is always sterile so you don't have to worry about germs.

Breastfeeding saves time and money. You don't have to purchase, measure and mix formula, or prepare bottles. You get to hold your baby close to your body, which helps build a strong bond between you. Breastfeeding uses up extra calories you eat, making it easier to lose the pounds you gained during pregnancy. So, if it is possible for you, choose to breastfeed your baby.

# BATHI

Bath time can be fun



Your baby will be ready for a daily tub bath as soon as his navel (belly button) and circumcision have healed. Until that time, wash your baby with a soft cloth dipped in a basin of warm water.

Some babies like to be bathed before the morning or evening feeding. Others hate to be bathed before eating and like their baths after their meals. Choose a time to suit your baby and yourself.

Babies may cry when they have their first baths, but by the time they are about 6 weeks old, they usually like the feel of water.

# NG YOUR BABY

for you and your baby. Make it as easy and pleasant as possible, so each of you will enjoy it.



a week, wash his hair and scalp, rubbing your palms with soap and gently lathering his head. To rinse, hold your baby's head and back over the basin with

soap is gone and then pat his scalp dry. Avoid getting water in his eyes.

Now move to his chest, arms and hands. After soaping and rinsing with the warm cloth, pat dry. Patting, instead of rubbing, with a towel is easier on a baby's tender skin. Turn your baby on his stomach to wash his back. Then turn him on his back again. Take off his diaper and wash, rinse and dry his stomach, bottom, legs and feet.

your hand and arm in a foot-ball-carry hold. Rinse off several times to make sure all the

## SPONGE BATHS

Make sure the room is warm (between 75 degrees and 80 degrees) and draft-free. Then fill the tub or basin with warm water. Test the temperature with your elbow or wrist to make sure the water is not too hot. Don't put any softeners or bath lotions in the water. They may cause a skin rash.

Wrap your baby loosely in a large towel. Keep his diaper on, but not fastened. Sit next to the tub or basin of warm water with your baby in your lap. Have the soap, wash cloth and a soft drying towel near you.

Gently wipe your baby's face and neck. Babies don't usually like this, so get this part over quickly. About twice

### **My daughter has colic. After the 6 p.m. feeding, she starts to cry and won't stop. What do I do?**

Some babies have crying attacks almost every evening, usually between 6 p.m. and 10 p.m. They scream loudly, draw their legs up sharply, frown and turn bright red. These attacks can last for hours and are all symptoms of what the doctors call colic, a name given to explain any hard, continual crying in infants.

No one knows what causes colic. It is thought that colicky babies may have a lot of gas and cry because they are so uncomfortable. By the time a baby is 3 months old, however, the daily colic attacks usually stop.

There is little you can do except try to comfort your baby until the attack is over. Sometimes it helps to hold an infant across your knees on her stomach.

Listening to a colicky baby and not being able to help can be very frustrating. But remember, it is not your baby's fault and it is not your fault, and she will eventually get over it. If your baby continues to cry hard all day long and nothing seems to help, have her checked by a doctor or at a clinic.

## TUB BATHS

Using a plastic tub filled with warm water and placed on a table or the sink counter will be easier on your back than leaning over a regular-size bathtub. If you are using the kitchen sink, place a towel in the sink as a cushion, and turn the faucets away from your baby. Fill the tub or sink with warm water and remember to test the temperature. Start out with just a few inches of water until you feel more comfortable. Hold your baby securely in the tub or sink by cradling him in one arm, and wash him the same way you would with a sponge bath.

## BACK TO SLEEP

The American Academy of Pediatrics recommends that babies be placed on their backs to sleep. Doing this can reduce the risk of Sudden Infant Death (SIDS).

They also recommend firm mattresses for cribs. Look for a crib that meets the standards of the Consumer Product Safety Commission and the ASTM. Some used cribs or beds may not meet the current standards, so be careful if buying or borrowing a used baby bed. Do not put pillows, quilts, comforters or sheepskins under or over sleeping infants. If a blanket is needed, make sure that it is only as high as the baby's chest and that it is securely tucked in at the sides and bottom. Dress babies lightly for sleeping and keep the room temperature comfortable for a lightly clothed

adult. Your baby should not sleep in a bed or on a couch or armchair with adults or other



children, but she can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put her back

in her bed when finished.

## A NOTE TO FATHERS

If you haven't tried giving your baby a bath yet, now is a good time to start. You can use bath time to share giggles, to be close and to give your undivided attention to your little one.

Babies love to coo, splash and play games with water toys while fathers observe, hum and carry on a conversation with their babies.

Babies feel especially loved and loving when they are swept up in a big, fluffy towel, with a cuddle thrown in, before the dressing game starts.

The happy times that are shared with your baby during his bath will go a long way.



# THE BABY BLUES

As a new mother, you may be going through what is known as the “baby blues,” or the postpartum blues. The “baby blues” come from the many changes your body goes through after your baby is born. You may be

discouraged, tense or feel like crying. Many new mothers feel this way. Don't worry — these feelings are perfectly normal. However, if the feelings are severe and seem to be getting worse, you need to get professional help. Talk to your doctor.

Some mothers worry that they look as if they are still pregnant. Don't be upset. Remember, it takes at least 6 weeks for the uterus (womb) to shrink back to normal size.

There are no strict rules about being a parent. If you are uncertain about what to do, trust your “gut” feelings or instincts.

**Here are some ways to help you through these “blue” days:**

- Talk to your partner, a family member or a good friend about your feelings. It helps to talk



with someone who is close to you.

- Find out if there are any groups in your community where parents get together to talk and work out solutions to common problems.

- Call the Mental Health Association (listed in the white pages of your phone book), the Parent Teacher Association (PTA) at the nearest school, the local school district or religious groups in your community for names of groups or for help in solving problems.

- Check the Web sites of Postpartum Support International ([www.postpartum.net/](http://www.postpartum.net/)) or Medlineplus ([www.nlm.nih.gov/medlineplus/postpartumdepression.html](http://www.nlm.nih.gov/medlineplus/postpartumdepression.html)) for more information and resources.

- Call the health department (listed in the white pages of the phone book under your city or county) and ask about the public health nurse visiting service. In many cases, this service is free.

- Ask a good friend or a relative to help you out once a month. She or he might be able to come in for a few hours to watch your baby while you take the time to relax, go out or just have some time for yourself.

If you have any questions or comments please contact your Extension Family and Consumer Sciences Agent at your county UT Extension office.

# COMING NEXT

In — HEALTHY CHILDREN READY TO LEARN

- The One Parent Family — Suggestions
- A Crying Baby — What to Do



## HEALTHY CHILDREN READY TO LEARN

was originally developed as the Parent Express series by the University of California Cooperative Extension Service. The material was adapted for use in Tennessee by Family and Consumer Sciences Professor Janie Burney and others. Contact Family and Consumer Sciences Professor Denise Brandon for information about this publication.

---

## RESOURCES

### From a Bookstore or Library:

Touchpoints: Your Child's Emotional and Behavioral Development by T. Berry Brazelton, Perseus Publishing, New York, 1992.

What to Expect the First Year, by Arlene Eisenberg, et al., Workman Publishing Co., New York, 1989.

### From the Extension Office:

Tips on Breastfeeding: Why Not Breastfeed? SP441-D, by Janie Burney, University of Tennessee Extension, 2000.

Preparing Formula for Your Baby, SP445-A, by Janie Burney, University of Tennessee Extension, 2005.

### From the Internet:

<http://extension.tennessee.edu>

<http://fcs.tennessee.edu>

[www.cyfernet.org](http://www.cyfernet.org)

[www.zerotothree.org](http://www.zerotothree.org)

[www.k-12.state.tn.us/smart/index.htm](http://www.k-12.state.tn.us/smart/index.htm)

SP418-C 11/09(Rev.) 3M E12-5320-00-027-10 10-0077

---

Visit the UT Extension Web site at <http://www.utextension.utk.edu/> and the Family and Consumer Sciences Web site at <http://www.utextension.utk.edu/fcs/>

SP418-C 11/09(Rev.) 3M E12-5320-00-027-10 10-0077

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.