

1 MONTH WELL CHILD CHECK

Newborn Knowledge

Diaper rash: almost always caused by (1) aggressive wiping, (2) doo-doo and urine mixing causing irritation, or (3) sitting in wet diapers for too long. Think prevention! Wipe VERY gently. Do not use wipes for urine only diapers. For a doo-doo diaper use no more than 2 wipes, or consider starting with a tissue to blot most of it off before wiping. At first sign of diaper rash BE AGGRESSIVE, apply thick layer of barrier cream (A&D, Butt Paste, Desitin, Vaseline) with EVERY diaper change. Stop using wipes and rinse bottom in sink/tub. If there are little red bumps that do not seem to be going away then it may be fungal. Try antifungal Lotrimin (Clotrimazole) 1% cream, sold over the counter. Apply it 3 times per day for a week.

Rash! many newborns get rash around 1 month of age, especially facial and scalp rash. A few common rashes are neonatal acne, heat rash, seborrhea, and milia. Almost all of these resolve over the next few months.

Thrush: fungal (yeast) infection in the mouth that looks like white plaques on the gums, tongue, and inner cheeks. If it is mild treatment is optional and you may want to try a home remedy that you can find online. If thrush is severe OR if mom has nipple pain, we strongly recommend a prescription antifungal medication be started.

Circumcision Care: once a day, until 12 months of age, you should make sure that you can see the entire penis head. Do this by gently pushing back on the shaft of the penis to expose the entire edge of the head. You may use water to clean this but do not use wipes as sometimes this causes irritation. This will prevent penile adhesions. Fortunately, if adhesions do occur, they are usually self-resolving by 5 years of age. If you do notice adhesions starting to form then Vaseline can be used around the rim for prevention.

Safety!!!

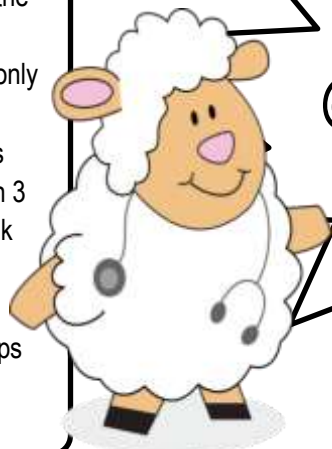
- **Car seats:** place car seat in center of the back seat, facing backwards
- **Back to sleep:** babies should sleep on their backs to lower the risk of SIDS
- **Prevent falls:** do not leave baby alone on sofa, bed, or table
- **Prevent choking:** do not prop bottle, keep small objects away from baby, avoid toys with strings
- **Prevent drowning:** never leave baby unsupervised in any baby tubs
- **Install smoke detectors**

Tips on Plastic

- Phthalates and BPA have hormonal activity and should be avoided
- Phthalates are found in personal hygiene products: cosmetics, shampoos, fragrances, nail polish, food packaging, medical tubing, children's toys, and vinyl products
- Bisphenol A (BPA) is found in hard plastics: sports water bottles, baby bottles, canned foods, and dental sealants
- Keep it simple, minimize products used, don't use lotion unless skin feels dry
- Don't put plastic items in microwave or dishwasher (heat promotes leaching)
- Recycling numbers 1,2,4,5 should be okay
- Avoid numbers 3, 6, 7 if possible

Fussy Facts

- Fussiness- babies often get fussier around 1 month of age, especially in the evening hours, get creative in your soothing methods, usually fussiness only last 1-2 months
- Colic, which is very rare, is defined as intense or excessive crying more than 3 hours a day for 3 or more days a week
- See our SSSSSoothing patient handout online at www.kapaapediatrics.com for more tips
- Most babies love to be swaddled... practice, practice, practice!!!



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Kapa'a Pediatrics MONTH WELL CHILD CHECK

Drs. Jesse and Sarah Lam
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After Hours Pediatrician
On Call: (808) 245-1831

New Milestones!!!

- Pushing up while on belly
- Starting to lift head
- Turning to voices/noises
- Smiling
- Awake for a longer period of time

Healthy Habits

- Back to sleep: babies under 1 year should sleep on their backs, keep pillows, quilts, comforters, and stuffed toys out of baby's crib
- No smoking: call the Hawaii Tobacco Quitline for help 1-800- QUIT-NOW (1-800-784-8669)
- Sun: avoid direct sunlight, especially during the hours of 10am-4pm
- Bathing: babies are very clean, you do not need to bathe baby every day, soaps/lotions are not needed at this age, but if you do decide to use them, choose ones with NO fragrance or dye
- Hand Washing: everyone, especially children should wash hands before handling, feeding, or caring for baby

When to Call the Doctor

- Fever (temperature >100.4F)
- Diarrhea and/or vomiting
- Respiratory infection
- Poor feeding
- Decreased number of wet diapers
- Sleepier or less active

Feeding

- Breast milk is the best and only food your baby needs
- If pumping, they feed every 1-3 hours on demand
- Newborns usually breastfeed 10-15 minutes per breast and drink 2-3 ounces every 2-3 hours
- Use a bowl of warm water to warm milk and check the temperature on your wrist, DO NOT use the microwave
- NO water, NO cow's milk
- You may store breast milk in the back of the refrigerator for up to 7 days or in freezer for up to 6 months
- Formula needs to be used within 1 hour after it is made
- Throw away remainder of breast milk/formula after each feed

Parenting

- It is **NOT** possible to spoil your baby at this age
- Hold, talk, and sing to your baby
- Never leave your baby alone
- Allow baby to play on tummy to help develop muscles and shape head
- Never shake or hit your baby, if you are frustrated, place baby in crib and ask for help from other family members or your doctor

Things to look forward to...

- Controlling head better
- Smiling and babbling
- Turning to voices and noises
- Eyes tracking past midline

A newborn baby can only see 8 to 14 inches away from their eyes. A 1 month old's vision is 20/120. That is the BIG letter E on the vision chart.

Don't forget to check out our Website!! 😊

www.kapaapediatrics.com

Common pediatric illness, common medication dosing charts, vaccine information sheets and more!