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1 – 2 Month Old

Around one month your baby will become more alert and notice you more. Your baby will smile, make little voice sounds, and coo. He/she will randomly move more - exploring, touching, and stretching. Present new sights and sounds to your baby but continue effective sensory activities like talking, smiling, singing, humming, swaying, and rocking. The variety of responses your baby makes will be your guide to his/her likes and dislikes. The cues your baby gives you will guide you in encouraging your particular baby's development. One item we especially encourage is a large mirror. Allow your baby to view him/herself from about 8-12 inches and see just how fascinating a face can be!

Feeding

This is a period of rapid growth. Some babies will double their birth weight very quickly. Do not equate a vigorous, wakeful baby as one who is not satisfied. You should continue to feed your baby every 2 ½ to 4 hours during the day while letting your baby sleep as long as he/she will at night. Most babies start sleeping 5-8 hours a night by the time they are 3-4 months old. Discourage long naps during the day since babies need to learn that longer periods of sleep should be at night.

Feeding amount and frequency vary, but generally, formula fed babies need approximately 2 ½ to 3 ounces of formula per pound a day at this age to obtain adequate calories. Breastfed babies will often nurse 7-11 times per day.

Most babies will have bad or "fussy" days and a daily fussy period. This is normal for this age. We encourage you to give your baby the benefit of the doubt and not to worry about spoiling him or her. If your baby is crying or fussy try picking them up or try burping, feeding, or changing them. Rocking, walking, or using a front carrier pack may also be helpful. We are prepared to talk with you about excessive crying and comforting measure should that be necessary.

Safety

Use an approved car seat for ALL car rides with your baby and don't forget to buckle yourself properly, too. The safest way for a baby to ride is in the backseat, rear facing, and, if possible, in the middle. Car seats should NOT be placed in a seat where there is a passenger side air bag.



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Never leave your baby unattended or on a high surface such as a bed, couch, or changing table. Babies can move in many ways and can have dangerous falls.

Always hold your baby for bottle feeding. Propping bottles is not recommended.

Microwave ovens should not be used to warm bottles. Bottle warmers or containers of warm water are much safer. Always test the temperature of your baby's bottle before every feeding.

Install smoke detectors – at least one on every level of your home.

Babies and children should NOT be exposed to smoke. **NO SMOKING** around your baby.

Sleep

The American Academy of Pediatrics recommends, and we encourage, you to place your baby on his/her back to sleep. This position is considered the safest and may help protect against SIDS (Sudden Infant Death Syndrome). Also, your baby should never co-sleep with your or other family members.

A Few Words on Being a Parent

Becoming a parent is one of the most profound and wonderful changes that we, as adults, experience. In order to enjoy parenting to its fullest it is important to do a few things for yourself. Keep open communication with your spouse/partner and others who support your many efforts and occasional frustrations in your new role. Try to maintain your "couple" relationship with your spouse/partner in ways you both enjoy. Continue at least some of the activities that you enjoyed and that enriched your life before your baby was born. Make some time for yourself, too. Talk with supportive friends, family, or us if parenthood gets you down or becomes too much for you at ANY point. Parenthood brings many rewards but also, many feelings you have never felt before – some you may feel unprepared to handle. Sharing your impressions about how you are experiencing being a new parent matters to us. Do your best to relax and enjoy your baby!

Suggested Reading

[What to Expect the First Year](#), by Eisenberg, Murkoff, & Hathaway



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NEXT CHECKUP: 2 MONTHS OF AGE