

One-Two Month Old

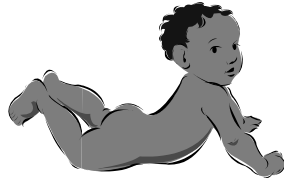


TOUCHING...

...CRYING

SEEING....

...FEVER



Oshkosh - 920-233-6630
Appleton - 920-831-1132
Menasha - 920-739-4226

DEVELOPMENTS:

This month your baby may...

- Show a new-found interest in sounds and begin to make a small, cooing sound in addition to the crying. Baby may startle at various noises or respond with facial expressions.
- Begin to control, grasp and hold objects more voluntarily a little longer before dropping them.
- Turn from side to side.
- Prefer looking at faces or moving objects or people and begin to smile regularly at family members.
- Sleep up to 14 hours a day, but have increasing periods of alertness.
- Cry at predictable intervals.
- Occasionally jerk suddenly, as though trying to retain his/her balance - this is called "moro reflex" and will disappear as baby gets older.
- Recognize mother's voice and handling.
- Have better head control.

ENCOURAGING ACTIVITIES

- To lengthen baby's period of alertness, give him lots of attention. Talk to him/her and let him/her sit in the infant seat during family activities.
- Pull your baby slowly and gently to a sitting position from his/her back to help begin developing head and neck control.
- Play music to baby during feeding to quiet and soothe her (and you!).
- As baby is extremely responsive to touching at this stage, give him a nice massage with baby lotion after giving her a bath.

...ONE-TWO MONTH OLD



BABY HINTS

- Put a plastic bottle of lotion in the tub with the baby and it will be warm when you are ready for the baby's massage.
- Put an unbreakable mirror in baby's crib. Babies like faces and your baby may want to explore her own. In addition, you could tape up pictures of other babies since he/she finds faces so intriguing.
- To prevent diaper rash, give your baby warm, soapy baths with mild soap. Let baby stay bare-bottom as often as possible.
- Stick to the same nightly going-to-sleep rituals like winding up a musical toy, humming while patting baby's back or reciting a nursery rhyme.
- When a newborn naps, you should try to nap too. It may be quite a while before you get a night of eight uninterrupted hours of sleep.
- To remove formula stains from white clothes, apply undiluted lemon juice and lay garment in the sun. To remove the same stains from colored clothing, make a paste of unseasoned meat tenderizer and cool water, apply and let sit 30 minutes before laundering. Rubbing with a bar of wet Fels-Naptha Soap will also help.

Can You Spoil Your Infant?

You will not spoil your infant by picking him up when he cries. An infant can not manipulate you. All he knows is that something is wrong and he needs your help. In fact, research has found that when parents respond quickly to their baby during the first few months of life, the babies cried less often and for shorter periods months later than the babies whose parents didn't respond as quickly to them. A spoiled child is a boy or girl who has learned to be defiant, demanding and manipulative. Spoiled children do not respond well to limits placed on their behavior by their parents. They generally have a hard time waiting for things they want and will often respond with temper tantrums, hitting, breaking or throwing things when told "No." Parents that set limits that are followed consistently may have fewer discipline problems with their children. So love and nurture your baby often.

I AM ONE-TWO MONTHS OLD

Dear Mom and Dad,

I love it when you hold me, play with me and talk with me because it tells me you love me. When I feel loved, I learn to like who I am. This self-respect will help me respect other people as I grow up and make a more peaceful world.

I also love all the special attention you give just to me. Do not forget about keeping your postpartum exam.

IMMUNIZATION:

I will receive my first DTaP, Hib, Hep B, Prevnar shots in my thigh. Please contact my doctor or clinic before giving me fever reducing medicine like Tylenol, Tempra, Panadol, or Liquiprin for the next 24 hours after the shot.

Call the clinic if:

- ❖ I am crying and irritable for more than 24 hours.
- ❖ I have a fever higher than 101 degrees by rectum.
- ❖ I have diarrhea or vomiting for longer than 24 hours.



SEEING:

I am now able to use my eyes to follow things that move, like your face or toys. When you can not hold me, place me in an infant seat so I can see what is going on around me.

HEARING:

I now know your voice and it quiets me when I am upset. When there are sudden noises, I may jump. This is a good sign that I am able to hear.

TALKING:

I can do more than cry. I make cooing and gurgling sounds. I smile when you talk and play with me.

...I AM ONE TO TWO MONTHS OLD

PLAYING:

Taking a bath is more fun because I can splash by waving my arms and kicking my legs. Since I will soon be rolling over, lay me on a blanket on the floor so I can play safely. I am not yet able to grab toys with my hands, so place the toys into my hands for me. You will find me staring at and playing with my hands because I have just discovered them.

FEEDING:

Do not put cereal into my bottle. I only need formula or breast milk for my body to grow. My feedings now could be about 3-4 hours apart.

SLEEPING:

When I am 3 months old, you will be happy to know that I may begin sleeping through the night and taking up to 3 naps per day.

SAFETY:

Do not leave me alone in the bathtub, even to get the telephone. They can call back. When I am taking a ride in the car always put me in a car seat correctly. Since at any time I may roll over, do not leave me alone on a sofa, bed, or any high place. It is safer to hold me or lay me on the floor.

CRADLE CAP

Cradle cap is a common newborn condition believed to be caused by hormonal changes after birth. If your baby has cradle cap it may be a mild case of flaky dry skin that looks like dandruff, or a more severe case of thick oily, yellow crusted patches. To eliminate cradle cap massage a light oil such as mineral oil, vitamin E oil, olive oil or vegetable oil, on to your baby's head, cover with a warm, damp cloth for up to an hour, then gently use a soft baby brush or toothbrush to loosen the scales. Wash and rinse with warm water.



Stimulation Overload

A baby's central nervous system is still immature the first few months of life. This makes it easy for her to get over stimulated from activity or noise. Many times over stimulation occurs at family gatherings or a crowded place from the noise level or too many people handling her. She may react by shutting down, sleeping a lot or becoming fussy or inconsolable. Over stimulation may also occur when your baby has had enough of an activity. Watch her cues closely and take her lead. If she is not making eye contact, is difficult to comfort, fussy, arching her back, or sleeping more than usual, she may be giving you cues that she has had too much stimulation. If your baby shows these signs give her a break from the activity or take her to a quiet room for a while.

Have Fun During Tummy Time

Putting your baby on his stomach helps develop good head control and strengthens the upper muscles. This is important for later creeping and crawling. Often your baby will not be happy on his tummy and will only tolerate short periods of time. To make "tummy time" a happier time, get on the floor with your baby, sing songs, talk to him or show him a toy. Your baby can have tummy time several times throughout the day.



* What is Thrush?

Thrush is a yeast infection of the mouth. White patches appear on the tongue and the insides of the cheeks and look like a white coating of cottage cheese. Some babies contract thrush during the birth process; however, it can be caused by a fungus. It can be transmitted by unwashed hands or bottles.

Yeast infection can also be passed along to baby by nursing mothers. Sterilize bottles and pacifiers daily to prevent the infection from reoccurring. Nursing mothers will also need to be treated for the infection. Thrush is usually not painful and may clear up on its own in time. However, to speed up recovery in severe cases, your doctor may prescribe antifungal drops to coat the infected area.

** Information taken from Time-Life Books Your Baby's First Year, 1995*

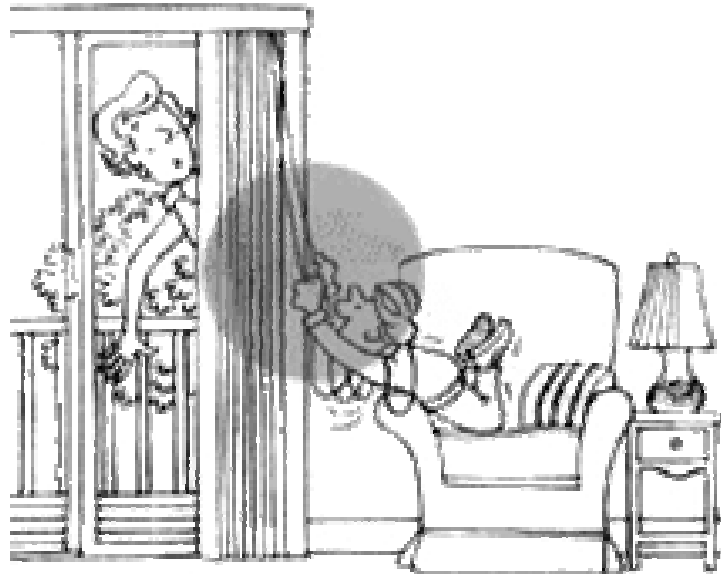
PRODUCT ALERT

Children Can Strangle in Window Covering Cords

The Consumer Product Safety Commission and the Window Covering Safety Council are joining with major manufacturers, importers, and retailers across the United States to warn parents and caregivers that young children can become entangled and strangle in pull cords for window coverings. CPSC is aware of at least 140 deaths since 1981. With the continuing number of strangulation deaths, CPSC is re-issuing this warning, which was first issued in 1985.

Window Covering cords are one of the products most frequently associated with strangulation of children under five. The younger victims, usually between 10 to 15 months of age, typically are in cribs that have been placed near window covering pull cords. Although a few older children, usually from two to four years old, find cords hanging near the floor, most of these victims become entangled in cords while climbing on furniture to look out the window. Entanglement and strangulation can occur when a child is alone in a room for only a short time.

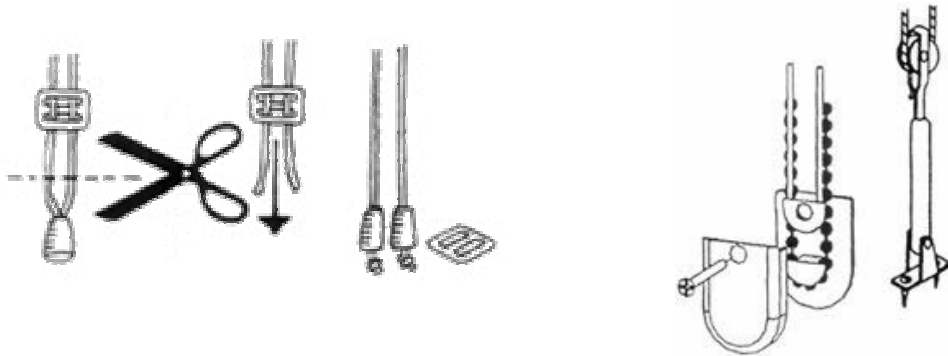
The Commission and the Window Covering Safety Council urge parents to eliminate the loop in two-corded horizontal blinds, and pleated and cellular shades by using any of the following technical fixes (see next page).



...PRODUCT SAFETY

Horizontal Blinds

- Cut the cord above the tassel, remove the equalizer buckle, and add a separate tassel at the end of each cord, or
- Cut the cord above the tassel, remove the equalizer buckle, and add a break-away tassel that will separate if a child becomes entangled in the loop.



Pleated or Cellular Shades

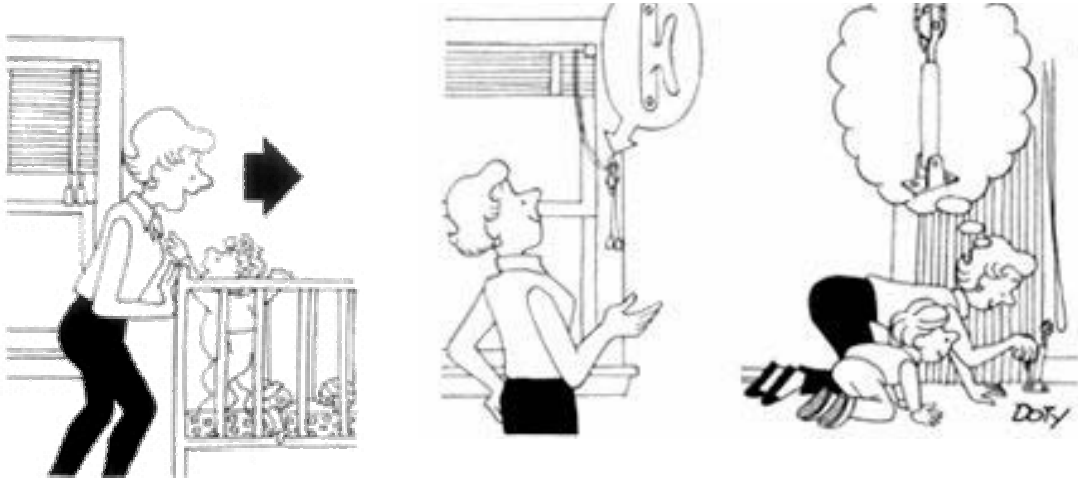
- Leave the cord stop near the headrail in place. Cut the cord above the tassel and add a separate tassel at the end of each cord. Warning: When shades are raised, a loop will appear above the cord stop. Keep cord out of the reach of children.

Vertical Blinds, Continuous Loop Systems, and Drapery Cords

- Install a cord tie-down device. Permanently attach and use the tie-down to floor, wall, or window jamb.
- Keep all window covering cords out of the reach of children. Unless the cords can be completely removed from a child's reach, including when a child climbs on furniture, CPSC recommends against knotting or tying the cords together which creates a new loop for a child to become entangled.
- Replacement safety tassels are available free of charge at window covering retailers. Consumers can call (800) 506-4636 to find the location of the nearest store or to order free tassels.
- CPSC also recommends that when you install window coverings, adjust the cords to their shortest length possible. When you order new custom coverings, specify that you want a short cord.

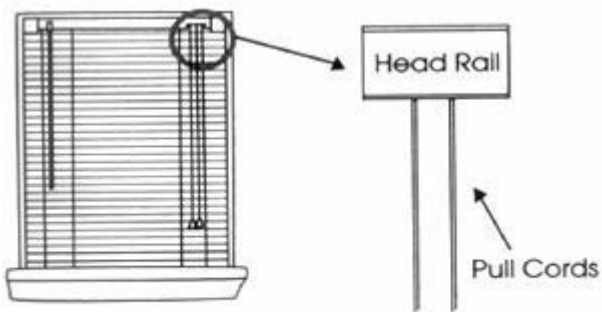
To report incidents or injuries to a consumer product, consumers should call the U.S. Consumer Product Safety Commission's toll-free hotline number at (800) 638-2772. A teletypewriter for the hearing impaired is available at (800) 638-8270. Consumers can obtain recall information and report product hazards by the INTERNET at info@cpsc.gov.

...PRODUCT SAFETY



Make sure all cribs and low-standing furniture (beds, bookshelves, toy boxes, etc.) are moved away from windows, preferably against another wall.

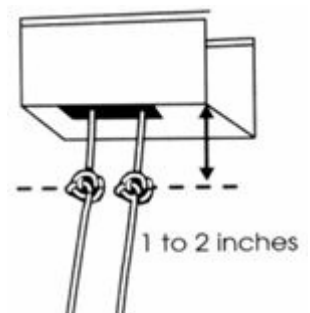
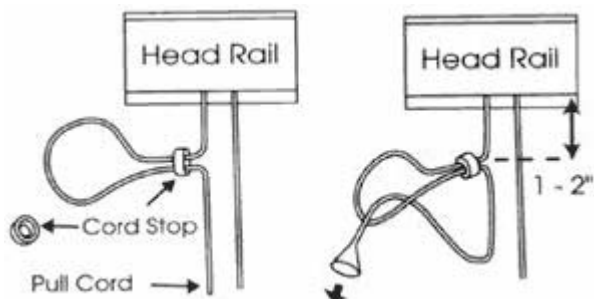
Eliminate dangling cords and secure all pull cords out of reach by using either a cleat or permanent tie-down device.



To correctly position cord stops, lower blind to the maximum length it will be used. Lock cords into position at head rail

Grasp one pull cord and create a loop just below head rail. Slide cord stop onto loop. Holding the cord stop 1-2 inches below the head rail, insert end of pull cord through the loop to make a knot around the cord stop.

Make sure cord stop is 1-2 inches below head rail. Tighten knot by pulling firmly on the pull cord. Repeat for each pull cord.



Infants and Pets



Before your baby is born:

- Set up the crib, swing, bouncy chair, etc., so your pets become familiar with these items.
- If you would prefer your pet to stay off certain pieces of furniture or out of certain rooms, work on this before baby arrives.
- If you take your dog for walks, start practicing walking the dog with the stroller.

When the baby arrives:

- Bring one of your baby's blankets home from the hospital before you bring your baby home to allow your pet to become familiar with baby's scent.
- When you bring your baby home, allow your pet to investigate by sniffing the baby as you hold him or her.
- Remember, especially with dogs, if you do not include your pet in the family they may begin to resent the new addition to your family.

Pet proofing:

- To prevent cats from jumping up on the highchair or kitchen counters, place silverware on the edges of these items. Cats do not like the noise silverware makes when it falls on the floor.
- Keep a spray bottle of water for cats and a rolled up newspaper for dogs handy. If pets continue to go where they shouldn't, you can spray the cats with water and make a sound with the rolled newspaper near the dogs.
- Secure tinfoil around the edges of cribs, pack-n-plays, or changing tables to prevent cats from jumping on them. Remove it before the baby is reaching or grasping.
- If possible, remove the door of your baby's bedroom and replace it with a screen door. This way you can still look in on the baby and your pets cannot enter.
- Never leave your baby unsupervised with a pet.

**Some information taken from an article by Betsy Sikora Sjino in Dogs USA magazine.*

INFANT MASSAGE

Massage can relax a baby, ease colic, and help preemies thrive. It can also help you slow down, relax, and really bond with your child. Get started by choosing a time when your baby is relaxed such as after a bath or before naptime. Place your baby on a blanket or folded towel. Take off your rings, wash your hands, and warm them by rubbing them together. Apply a few drops of unscented massage oil to your hands. Relax and breathe deeply during the massage, and use slow, firm rhythmic strokes. You can massage your baby daily or weekly, but only massage about 5 minutes the first few times you start. Many babies may fuss during their first massage. Try it several times before you decide if it is right for your baby.



Legs and Feet First

Mold a hand around your baby's leg at the hip, and gently "milk" downward to the ankle in a long, smooth movement, holding your baby's ankle with your other hand. Alternate hands and stroke downward from the inside of your baby's thigh. Repeat three times. With your thumb pads, push lightly on Baby's sole, and then make little circles on the top of his foot and around his ankle. Finish with reverse leg strokes from ankles to hips. Repeat on the other leg and foot.

Tummy Time

Place your hands across your baby's tummy and "paddle" downward with one hand and then the other. A second tummy stroke is called "I Love You." Make the letter I on your baby's tummy (a stroke downward). Next, make the letter L in the same spot, ending at his lower-left side. Finally, make an upside-down U. Tummy strokes may help move gas through your baby's system.

Chest Next

Place both hands in the center of Baby's chest, and stroke outward, as if you were smoothing the pages of a book. Repeat this stroke three to six times.

Arms and Hands

Repeat the strokes used for the legs and feet on the arms and hands. Remember to give your baby's fingers and palms attention by pressing them gently with the pads of your thumbs. Massage one arm and hand completely before moving on to the other.

Face Follows

Without re-oiling your hands, make little circles on your baby's forehead with the pads of your fingers. Then circle around to the sides of his face and to his cheeks, which might be tight from sucking, teething and crying. Your gentle strokes may relieve some of this tension. Though many babies enjoy the sensation of facial massage, some do not. If your child doesn't like these strokes, move on and try another time.

Most important is to relax and concentrate on your baby. Your baby will feel your love through your hands.

This information was taken from the November 2000 issue of Parents magazine.

Activities & Games

(for 1, 2 & 3 month olds)

Muscle Control & Body Awareness

Beach Ball Rock

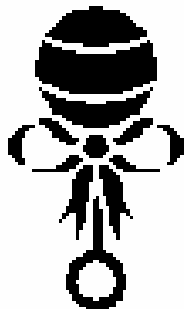
Inflate a beach ball until it is almost full and then place your baby on top of it on his tummy. Hold him securely as you gently rock him back and forth, side to side, and round and round in time to your singing or a recording. Start rolling him slowly and speed up the motion, as he gets accustomed to it. He will soon begin to recognize when he should tighten his muscles in order to participate in maintaining his balance.

Inching forward

You can help give your baby the chance to feel himself push forward, even before he learns to crawl. When you see him making pushing or swimming motions while lying on his tummy, press your hands firmly against the soles of his feet. He may push against your hands and inch forward. If he does not, try the exercise again at a later date.

The Toy Box

A book or record of nursery rhymes to sing or recite when playing with your baby. Safe rattles and rings in various shapes. Hand puppets for parent-baby "dialogue." Rubber or cloth animals with squeaks or jingles securely fixed inside them. A plastic ball or cube with finger holes for the baby to grasp.



Hearing and Language

Bell bracelets

You can use the fascination of sound to increase your baby's awareness of his hands and feet. Tie a ribbon strung with one or more small jingling bells around his wrist. Lift his arm to shake the bell and make it ring. If he notices the tinkling sound, he may start moving his arm in order to make the bell ring. Try moving the bells from wrist to wrist and later to the ankles. Make sure the bells are securely fastened to the ribbons, so the baby cannot pull them off and swallow them. Remove the bells after five or ten minutes.

More conversation

Encourage your baby's language development by talking to him as much as possible. Describe what you are doing as you feed him, bathe him, clean his room. Name objects for him - especially those that he can handle, such as his bottle or a rattle. Hold up an item as you discuss it. Use his name often.

House tour

Add a variation to your conversations with your baby by carrying him on tours of the house when he wishes to be held. Watch for the objects that seem to attract his attention because of their shapes, bright colors or sounds, and emphasize those in your talk. As during routine activities, describe what you are showing the child: "This is the faucet where we get our water. Listen to the hiss when the water runs." If your baby wants to touch the water, or anything else that will not harm him, encourage him to do so.

* Source: *Your Baby's First Year*

Activities & Games

Vision and Perception

Picture gallery

Babies enjoy looking at people or pictures of them, especially the people they are getting acquainted with. So if you do not already have a display of family photographs on a wall or table, create such a collection of large photos and introduce your child to it. Let him view the pictures frequently while you name the people in them. Let him touch the pictures if he wants to; although, of course, not in a manner that would endanger either the baby or the photographs.

Ring on a string

Attach a shiny ring or another bright object to one end of a string. Place the baby in his infant seat and, holding the free end of the string above him, make the ring slowly circle the child's head at his eye level. Keep the ring circling in one direction and watch your baby's eyes as he learns to anticipate the predictable reappearance of the ring on one side of his head after it passes out of sight on the other side. The game will expose him to the regularity of objects in motion.

Bubble watch

Babies who are old enough to see soap bubbles are usually fascinated by watching those iridescent spheres drift magically through the air. But this pastime also gives your child practice in tracking moving objects through eye and head movements. Take care to blow the bubbles away from your baby; a bubble bursting on his nose can startle the little one and the soap mixture can sting his eyes.

Shake play

This simple game helps develop your baby's motor skills as well as vision judgment and the coordination between the two. Begin the exercise by putting into your baby's hand a toy that is easy to grasp and makes a noise when shaken, such as a rattle or an oversize play key ring. Shake that hand so the noise will attract the child's attention. See if he lifts the toy into his line of vision to discover what is creating the racket. If he does not, raise his arm for him and shake the toy again, while you talk to him about what is happening. Then try the other hand.

Emotional and Social

Giggle games

By the time your baby is in his fourth month, he loves to play surprise tickle games. Chant a rhyme or any narrative in a sing-song voice: "The itsy bitsy spider..." and "Here comes a buzzy bee..." are two old favorites for developing his sense of humor. As you recite the litany, your fingers creep like a spider's or a bee's tiny, soft footsteps up the baby's arm or leg to a ticklish area such as his neck or midriff. Be careful as you deliver the coup de grace, however: Too much tickling can over stimulate him and provoke confusion.

Riding a pony

If you are typically loving and obliging parents, you and your spouse will be your child's "ponies" or "horsies" for many years to come. The baby will ride on your feet, knees, back and shoulders until both of you wearily yearn to be turned out to pasture with Old Dobbin. There is value in your sacrifice, however. Your baby not only improves his capacity for social relationships by bonding tightly to these trustworthy mounts, but he develops his balance and muscle coordination as well. In the earliest stage, lie on your back, knees up. Place your baby securely on your lower legs, facing you, as you hold his hands in yours. Move your lower legs slowly up and down while you show your pleasure in the game with joyful facial gestures and by fixing your gaze on your child's eyes. And, as in almost all games that involve movement, sing a song at the same time.

