



Checkup Checklist: 1 Month Old

Can you believe your baby is already one month old? In addition to checking on your baby's developmental milestones, your pediatrician will also address what may feel like a million issues and questions. The list below are just some of the topics you may talk about at this visit.

Get the most out of your time with your pediatrician and make a list of your questions ahead of time.

Your 1-Month Old | American Academy of Pediatrics (AAP)



✓ Immunizations

Your baby may receive a second dose of the Hepatitis B (HBV) vaccine (</English/safety-prevention/immunizations/Pages/Hepatitis-B-Vaccine-What-Parents-Need-to-Know.aspx>) at either the one-month or two-month checkup.

✓ Screenings

- This is a great time to talk with your pediatrician about how things are going at home with your new baby. They may ask about how well baby is eating (</English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx#%3a~%3atext=Babies%20might%20only%20take%20in%2cevery%203%20to%204%20hours.>), if you have enough (</English/tips-tools/ask-the-pediatrician/Pages/how-should-we-feed-our-baby-if-running-low-on-money.aspx>) food, and feel safe and comfortable.
- Your pediatrician might also ask how *you* are feeling (</English/ages-stages/prenatal/delivery-beyond/Pages/understanding-motherhood-and-mood-baby-blues-and-beyond.aspx>). If you are feeling anxious or sad, or anything else, you are not alone and your pediatrician is ready to help.

✓ Development & feeding

Your doctor will measure and weigh your baby to make sure their growth is on track, observe their development and behavior, and perform a physical exam.

Questions your pediatrician may ask

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- How's your feeding (</English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx>) routine going? If you are having any issues with feeding (breast or bottle) now is the time to address them.
- Tell me how you know what your baby wants. What is his cry (</English/ages-stages/baby/crying-colic/Pages/Responding-to-Your-Babys-Cries.aspx>) like? Are the cries different at different times? What do you think they mean?
- How many wet diapers (</English/ages-stages/baby/diapers-clothing/Pages/Changing-Diapers.aspx>) and stools does your baby have each day?

Questions you may have

- Is my baby developing normally? (</English/MotorDelay/Pages/default.aspx>)
- What are some of the developmental milestones my baby should reach around one month (</English/ages-stages/baby/Pages/Developmental-Milestones-1-Month.aspx>)?
- What are some signs of feeding difficulties in a one month old (</English/ages-stages/baby/feeding-nutrition/Pages/Signs-of-Feeding-Difficulties.aspx>)?

? Did you know

Safe sleep is so important, especially in these early months. To reduce the risk of sudden infant death syndrome (SIDS), place your baby on their back every time they sleep—at night and for naps.

✓ Safety

Questions your pediatrician may ask

- Where is your baby sleeping (</English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>) at night?
- What kind of car seat (</English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx>) do you have?
- If you are planning to return to work, have you chosen a child care provider (</English/family-life/work-play/Pages/Why-Quality-Matters-in-Early-Child-Care.aspx>)?

Questions you may have

- What do I do when the crying is too much (</English/safety-prevention/at-home/Pages/Abusive-Head-Trauma-Shaken-Baby-Syndrome.aspx>)?
- How do I know if my baby's crib is safe (</English/ages-stages/baby/sleep/Pages/New-Crib-Standards-What-Parents-Need-to-Know.aspx>)?
- Where can I learn infant CPR (</English/health-issues/injuries-emergencies/Pages/How-to-Prevent-Choking.aspx>)?

✓ Urgent care & communication tips

The management of acute care for children under age 2 requires special expertise. Therefore, the American Academy of Pediatrics (AAP) does not recommend retail-based clinics (</English/news/Pages/AAP-Best-Care-for-Children-Remains-at-the-Pediatricians-Office.aspx>), telehealth services (</English/family-life/health-management/Pages/Telehealth-Services-for-Children.aspx>) outside of the medical home, and those acute care services without pediatric expertise for children younger than 2 years.

Don't hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. Pediatricians are very accustomed to taking phone calls at all times and can often deal with problems over the phone. If your pediatrician is unable to see you but believes your baby should be examined, he or she will advise you on the

most appropriate place for your baby to receive care and how quickly your baby should be seen.

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More information

- [AAP Schedule of Well-Child Care Visits \(/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx\)](#)

Last Updated 9/14/2021

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