

One Month Old: What to Expect



Growth & Vitals



Head Circumference, Length & Weight

We check all three at every visit. The goal is to continue growing along the same percentile "line." Jumping up is okay – we only worry if growth drops several percentiles.



Understanding Percentiles

If your baby is at the 40th percentile, they are bigger than 40% of babies their age. Any percentile is healthy as long as baby is tracking consistently!



Full Physical Exam

We will check the soft spot, ears, mouth, red reflex in eyes, clavicles, belly, hips, and for boys, descended testicles. Lungs and heart sounds are also checked.

Feeding & Diapers



Feeding Frequency

Babies this age feed 8–12 times daily. Breastfeeding can be ad lib. Talk to our lactation consultant or nutritionist with any questions.



Wet Diapers

Expect several wet diapers daily. This is a great sign that baby is well hydrated and feeding well.



Stooling

Stooling can be as infrequent as once every few days – that is completely normal as long as it is soft. Small, hard balls are the only thing we watch for.



Sleep

We are still waking to feed at this stage! Reach out to our sleep consultant if you have questions or concerns about sleep patterns.

Baby's Development at 1 Month



First Social Smiles

This is the exciting time for those first real social smiles – a major milestone!



Intentional Movements

More intentional arm and leg movements are developing. Baby is becoming more aware of their body!



Eye Tracking

Baby will track with their eyes – following people and moving objects with their gaze.



Responds to Voice

Baby will respond to their caregiver's voice and recognizes familiar sounds.



Tummy Time

Keep it up! Aim for 5 minutes several times daily. Try placing baby on your chest – great for skin-to-skin connection and building neck muscles.

Parent Check-In & Safety



How Are You Doing?

We check in on mom, dad, and all caregivers. Please share any signs of excessive anxiety or sadness – our on-site psychologist is here for you.



Car Seat Check

We will discuss the type of car seat you are using to make sure baby is traveling safely.



Returning to Work

We will talk about whether the primary caregiver is heading back to work and support your family through that transition.



Your Questions

As always, we will make time for any and all questions and concerns you have as parents. No question is too small!