

1 MONTH VISIT



Dr Albert Cannitelli MD FRCP
40 Innovation Drive , Vaughan, Ontario L4H 0T2
Phone- 905 843 8400 Fax 18666821419

At the 1 month visit we review diet again- if breast feeding we encourage vitamin D and omega acid supplements. If formula feeding intake should be over 20 ounces a day to ensure adequate vitamin, nutrient and calorie intake.

Developmentally we expect your baby to be looking around and fixing and following- meaning they will look at your face, try to focus and follow as you move.

We will check your babies weight and ensure good weight gain. We look for problems with rashes. Typically babies get 'acne' which will look like pimples on the face, forehead, neck and chest. This is caused by withdrawal of maternal hormones. This will resolve on it's own by 2 months or so usually. No treatment is needed. We also see seborrhoea or cradle cap. This is a crusty rash on the scalp, side of the nose, behind the ears and can also be in the skin folds. We treat this by softening the scales with oil for a few minutes, then scraping off the crust. We keep the area moist with a good moisturizing cream and use steroid creams (eg over the counter cortisone) when the rash is red. Eczema is very common. This is red, dry irritated skin anywhere on the body. We treat this by keeping the skin moist. Using oil in the bath helps. Use a good moisturizer and consider an organic cream with calendula or antioxidants. If the area is red, we use over the counter or prescription steroid creams. Often this can be managed with natural oil based ointments as well.

Often babies favour turning the head to one side over the other. This is often caused by the in-utero positioning. We look for asymmetry or flattening of the head on exam and will give some advice if this is the case. We see more of this problem since we changed to 'sleeping on the back' position for babies. We can discuss positioning in the office.

COLIC:

Colic is a common issue we deal with. It usually begins at a week or two of age, and can be worst at this point. Part of colic is due to the gastrocolic reflex which is worse with frequent feeding, so try and feed every 3-4 hours and resist feeding more often. Part of colic may be due to bacterial colonization in the colon and excess gas. If your baby has a bloated tummy and passing gas etc I would suggest trying a probiotic. Some babies seem to be 'high maintenance' at this age, and it's just a matter of getting through and surviving this difficult time. Hang in there- it gets better!

SLEEP:

Scheduling - it is a good idea to try and set up a sleep schedule. Keep your baby up for longer periods of time- say 3 hours if possible, and limit the naps to 2 per day ideally. Start by stretching out the wake periods longer and longer, so that the short naps melt together into bigger naps and eventually get to 2 naps a day. This works better for most babies. At night, feed your baby awake, with lights on, under-dressed a little etc so that your baby stays awake when feeding. Then, after burping- put the baby in the crib with some gentle massage, rubbing the back etc and get him/her comfortable to fall asleep alone (not being held or rocked). Doing this will help develop a good sleep routine and schedule.

VACCINES:

We start vaccines at 2 months of age (unless mother is a hepatitis B carrier). We will follow the recommended schedule. There is more info on our website about vaccines. Do not give tylenol/temptra etc before the visit. Next visit is at 2 months.