

# **Advanced Pediatrics of Rockland, P.C.**

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## **Anticipatory Guidance**

### **1 month old - Female**

Put your infant to sleep on her back (face up) - in the crib or bassinet only. Do not use stuffed animals, sleep positioners or blankets. Do not give her honey until she is 1 year old as it can lead to botulism toxin poisoning. Do not leave her on a changing table, bed, sofa or lap without holding her in order to prevent a fall.

Limit contact to immediate caregivers only. Do not take her out to public places until 2 months old. Call immediately for lethargy or a rectal temp of 100.4 or greater. Use fragrance-free lotions, detergents, fabric softener and soap. Continue to support the neck until 4 months old.

If you are breastfeeding, you should start vitamin D supplementation - 400 IU daily.