

# Ways To Take Care Of Your One-Month-Old



## Feed frequently



A one-month-old baby must be fed every 2–3 hours. If you breastfeed, let the baby nurse for 10–15 minutes at each breast.

## Burp the baby



Your baby may swallow air during feedings. It can make them fussy. Prevent this by burping your baby often.

## Pay attention to baby's sleep cues



Don't control the baby's sleeping patterns. Let them sleep at their convenience.

## Play with the baby



Let the baby have tummy time. Interact with them and entertain them using colorful toys.

## Ensure the crib is safe



Keep the baby's crib away from the window to protect them from external elements. Do not keep toys in the crib.

## Vaccinate the baby



Find out the vaccinations your baby needs to have. Talk to a pediatrician if you have any doubts.