

WEEK 5 – Happy One Month!



Hello! Today we want to share many things with you. First, we'll tell you about a tool to track your baby's milestones. Then we'll give you some ideas on how to listen and respond to your baby. Finally, we'll talk about the 6-week postpartum appointment and what to expect!

Looksee Checklist

Today we want to share a tool that many parents love. The [Looksee Checklist](#) can help you track your baby's development by just answering a few questions.

By one month of age, does your child:

- Look at you?
- Startle to loud or sudden noises?
- Calm down when comforted?
- Suck well on the nipple?

Follow up with your health care provider if you answered 'no' to any of these questions or if you have concerns about your child's development. The sooner a delay is addressed, the sooner you can help your baby.

If your child was premature, check the website for guidance about which checklist to use.

[Track Your Baby's Development](#)



Listen, Respond, and Connect with your Baby

Your baby's relationship with you is key to their health, development, and well-being.

Listen:

- Be face-to-face. Smile at your baby.
- Phones, tablets, and televisions can distract you. Put them aside until your baby is sleeping.

Respond:

- Comfort your baby when they are sick, hurt, or upset. You cannot spoil a baby with love and comfort.
- Talk to your baby. Speak in a soft and gentle voice.

Connect:

- Read and sing to your baby. Your baby loves to listen to your voice.
- Get to know your baby. Discover what makes them happy or sad.

We have shared this video on [Building Brains](#) before, but in case you missed it, and because it is so important we are sharing it here again for you.



Appointment Alert: Postpartum Check-Up

Most health care providers will offer a 6-week postpartum check-up.

Birth Control

This is a great time to discuss birth control. You can get pregnant before your period returns! It is usually suggested to wait at least 18 months to 2 years after birth before becoming pregnant. Talk to your health care provider or check out itsaplan.ca to decide what is right for you.

Some birth control methods can affect breastmilk supply. Learn more about [breastfeeding and birth control](#).

Mental Health

Your appointment is also a great time to discuss your mental health. About 1 in 5 new moms and 1 in 10 partners will develop a mood disorder in the first year after their baby is born. There are many supports and treatments available to women and their families who often suffer in silence.

REMEMBER: You are not alone, you are not to blame, and with help, you will get better.

How do I know if I'm at risk for Postpartum Mood Disorders?

- Talk to your health care provider about the [Edinburgh Postpartum Depression Scale \(EPDS\)](#).
- You can take the EPDS yourself and share the results with your health care provider.

Happy one-month old birthday wishes from all of us at
Peterborough Public Health!

