

# Healthy Habits

The right prescription for a healthy child



Visit 1 for: \_\_\_\_\_ Date: \_\_\_\_\_

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Wt/Ht percentile: \_\_\_\_\_

## Highlights for my newborn

- ▶ Bonding is a basic need for a newborn. Hold your baby at feeding times for safety and to make your baby feel loved.
- ▶ Limit your baby's time in an infant seat and swing.
- ▶ Practice tummy time when your baby is awake. Tummy time develops back, neck, arm and leg strength that baby needs for sitting and crawling. Make sure that tummy time is always supervised.
- ▶ Do NOT microwave breast milk or formula.
- ▶ Never put a baby to bed with a bottle. This could cause choking.
- ▶ TV, video and computer games are not recommended for newborns.
- ▶ Take time for yourself by eating 5 fruits and vegetables each day, getting at least 1 hour of physical activity and limiting sugary drinks.

## Nutrition for my newborn

- ▶ Breast milk is the best food for your newborn. If you can't provide breast milk, choose a formula with iron.
- ▶ Newborns should ONLY be fed breast milk or formula and no other foods or juices.
- ▶ Newborns need plenty of fluids from breast milk or formula and should have 8-10 wet diapers a day.
- ▶ Most newborns will feed every 2-3 hours or 8-12 times a day.
- ▶ Newborns know when they are full. Baby tells you he or she is full by letting go, falling asleep or turning to other activities when nursing.

## Infant feeding signals

### *Feed me... I'm hungry!*

- ▶ Cries or fusses
- ▶ Flails arms and legs
- ▶ "Roots" — turns face toward the chest of the parent or caregiver who is holding him or her baby's mouth
- ▶ Smiles and coos at the person feeding him or her

### *Thanks... I'm full now!*

- ▶ Let's go of nipple or stops sucking
- ▶ Moves head away from nipple
- ▶ Falls asleep
- ▶ Closes lips tightly or bites down when nipple is put in

## Daily Servings

### **Food**

- ▶ Breast milk or formula

### **Daily Amount**

- ▶ 8-12 feedings or on demand

### **Comments**

- ▶ 5-10 minutes on each breast or 2-5 oz/feeding

**At your next doctor's visit have your doctor show you where your child is plotting on the growth chart.**