



Date: _____

Weight: _____ %tile _____

Height: _____ %tile _____

Head: _____ %tile _____

Feeding

Between age 4 and 6 months, your baby may be ready for solid food if he:

- Still seems hungry even after nursing or bottle-feeding more often.
- Shows an interest in what others are eating.
- Open his mouth when food comes toward him.
- Can sit upright in a high chair or infant seat and hold up his head.

When your baby is ready, start solid foods slowly, with just a few spoonfuls at a time. When you add solid foods to your baby's diet, continue breast-feeding and/or bottle-feeding until at least 12 months as this still provides most of your baby's nutrition.

Offer the solid food when your baby isn't too hungry. At first, think of it as play time and seeing what she thinks of solids. Expect feeding to be slow and messy; your baby is learning to swallow solids. As you practice this and your baby enjoys solids, you can increase the amount and frequency of the feedings.

If your baby cries or turns her head, go back to nursing or bottle-feeding exclusively and try again in a few weeks. This is normal and does not indicate a developmental problem. Finish a feeding when your baby shows signs that she is full, by leaning back or turning away. Don't force your baby to eat or finish foods. It may take 10-15 times of giving your baby a food before she will like it.

First Foods

For most babies it does not matter what is the first food. First foods include single grain iron fortified cereals (oatmeal, barley, rice) pureed vegetables and fruits. There is no medical evidence that introducing solid foods in any particular order is beneficial for your baby. You can begin by spoon-feeding a few teaspoons of dry infant cereal mixed with formula or breast milk, pureed fruits or vegetables. Do not put cereal in a bottle as your baby could choke or gain weight too quickly. However, your doctor may recommend cereal in a bottle if your baby has reflux. Give your baby one new food at a time. Wait 1-2 days before giving a new food. Watch for signs of an allergic reaction, such as rash, diarrhea or vomiting.

Things to avoid:

- Avoid honey until one year old. Honey can cause infant botulism.
- Avoid juice unless your doctor recommends it for your baby.

Positive Parenting

- Help older children to develop new interests and play with toys and friends of their own.
- Help the older child read a book or show pictures to the baby and thank him for doing such a good job.
- Make sure that the older children are being praised for behavior and activities unrelated to the care of the baby.
- Point out to the older child things he can do because of being older and more capable than the baby.
- Involve older siblings in child care such as changing diapers, choosing clothes and rocking the baby.
- Plan special time alone with each child, doing something that child likes to do.
- Be sure to focus attention on older children, not just the baby.
- Stick to routines and reinforce limits.

To develop good sleeping habits:

- Find a comfortable bedtime routine and time, and be consistent with it.
- Put your baby down in a quiet, dark or dimly lit room.
- Put your baby to bed when he or she is tired, rather than already asleep.
- If your baby does cry out for you at night, try to avoid feeding or rocking your baby back to sleep. A gentle pat on the back will let your baby know that you're there and he or she will soon be able to fall back to sleep on her own.

Your Growing Child

In the next few months you may notice that your baby can:

- Enjoy simple games such as Pat-a-Cake and Peek-a-Boo.
- Follow the sound of your voice.
- Recognize herself in a mirror and smile.
- Roll from stomach to back (or vice versa).
- Sit with support.
- Follow moving objects with her eyes.
- Transfer objects from hand to hand.
- Imitate sounds.
- Babble back when spoken to.
- Recognize his own name.
- Reach for objects and take them to mouth (watch out for jewelry, eyeglasses, tablecloths, coffee cups, etc.)

Activity Tip:

Your baby will begin putting anything and everything into her mouth so keep on hand a lot of play things to touch, squeeze, and suck. Encourage this normal behavior when it's safe because it helps your baby to develop a sense of space, form and texture.

Safety

Accidents are more frequent in the next few months because your baby moves and grabs more. This is the most common age for falls, so don't leave your child unattended – even for a second – on changing tables, couches, beds, or any other high surfaces.

Car:

- Use an approved infant car seat every time your child rides in a car. It is the law, and car seats save lives. Secure the car seat in the back seat, facing the rear with the car seat buckled tightly in the car so it doesn't move more than one inch when you pull on it.
- Never place an infant seat in the front seat.
- Be sure to read the owners' manual to determine where the handle needs to be stored when the seat is in the car (up or down).
- Car seats do expire, so check the date on the bottom to be sure it's still safe.
- A car seat that was in a car during a collision is no longer safe to use.
- When car seat is placed in shopping cart, be sure seat is secured.
- Keep your car smoke-free.
- Never leave an infant or child in a parked vehicle - even with the windows open.

House:

- When using an infant seat, keep your baby securely fastened in it so he or she cannot wiggle out and the seat placed on the floor rather than a higher surface, in case she tips it over.
- Keep small objects such as buttons, beads, earrings and coins out of your curious and active baby's reach.
- Remove hanging mobiles from the crib area; your baby could become tangled.
- Walkers are not recommended because falls are common and injuries can be severe. Consider a stationary exersaucer as an alternative.
- Never leave your baby alone in bath water, even in a bath seat or ring. Always be close enough to touch your baby.

Outdoor Safety:

- Never leave your baby unattended while near water. Drowning can occur in even one inch of water. Be especially vigilant in monitoring and emptying or covering things like buckets and backyard pools.
- To protect your baby from insect bites, dress your baby in clothes that cover as much skin as possible and avoid areas with lots of insects. For older infants and children, repellents may be applied on clothing and exposed skin. Repellents should not be applied on the face or hands. Wash the child's skin with soap and water to remove the repellent as soon as they return indoors. Avoid products that combine DEET and sunscreen. Only reapply repellents as necessary. Repellents should contain no more than 30% DEET and preferably less than 10%. Repellents using essential oils may be effective for short periods of time.
- Babies less than 6 months old should be kept out of direct sunlight as much as possible. They should be covered with lightweight clothing, hats with brims, and umbrellas. For unavoidable sun exposure, choose a sunscreen formulated for children with an SPF 30 or above. Apply a generous amount to cover exposed areas, avoiding the eyes, 30 minutes before going outside. Reapply sunscreen frequently.

Other Safety Measures:

- Never allow your child to be around smoke. Exposure to secondhand smoke increases respiratory problems including asthma, ear infections and SIDS.

Never Shake Your Baby

Babies can be fussy and cry a lot. Most babies have at least one fussy spell per day. Normal baby fussiness begins by 2-3 weeks of age, peaks around 6-8 weeks, and improves by 3-4 months of age. Swaddling, rocking, swaying, and soft noise may help to calm a fussy baby.

If your baby won't stop crying and you're feeling frustrated:

- Put your baby in a safe place and leave the room for a few minutes.
- Call someone to see if they can relieve you or talk with you until you relax.
- Call your doctor for help.
- Call the Parent Warmline at 612-813-6336.
- Call the Crisis Connection at 612-379-6363.

NEVER, never shake a baby!

Hitting or spanking a baby could severely injure him or her; shaking a baby could cause permanent brain damage or death.

**YOUR NEXT APPOINTMENT IS FOR A
6 MONTH WELL CHILD EXAM.**



central
PEDIATRICS

Monday to Friday 7:45 a.m. to 5:00 p.m.



priority
PEDIATRICS

Monday to Friday 5:00 p.m. to 10:00 p.m.

Saturday 9:00 a.m. to 5:00 p.m.

Sunday (St. Paul) Noon to 8:00 p.m.

Sunday (Woodbury) 10:00 a.m. to 8:00 p.m.

Walk-ins always welcome!