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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665; or (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



HELP ME BE HEALTHY



I AM 0-6 MONTHS

I am your
baby.

YOU WANT THE BEST FOR ME.

My name is _____.

I weigh _____ pounds and _____ ounces.

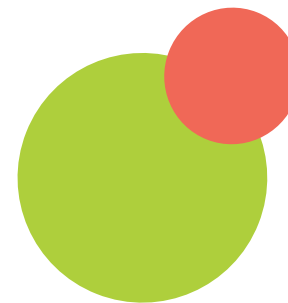
I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Feed me with food and love

- I grow best with your love. Hold me and cuddle me.
- I feel your love when you smile and talk to me.
- Listen to me when I “talk” to you with my face and body.
- Feed me breastmilk. It is the only food I need for the first 6 months.
- If I am not breastfed, feed me baby formula.
- Hold the bottle and never leave me alone when I feed.
- Never prop my bottle. I can choke or get an earache.
- Wait until my first birthday before you give me cow’s milk.



Help me eat well from the start, let me show you how

When you help me eat well, I suck, swallow, and breathe at my own pace. When I eat just enough, I spit up less and we both feel good!

I will let you know when I am hungry.

Feed me when I get restless, suck on my hands, or turn my head for food. Please do not wait until I cry. I eat best when I am calm.

Feed me just enough.

When you feed me breastmilk or formula from a bottle:

- Please use a bottle with straight sides and a nipple with a small hole.
- Hold me upright. Support my neck and shoulders with your hand.
- Hold the bottle flat. Tip it slightly, if needed, to half-fill the nipple.
- Gently touch my lips with the nipple, and wait until I open my mouth wide.
- Let me take the whole nipple in my mouth.

Let's work together.

- When I need to take a break or burp, I may try to push the bottle away or turn my head.
- If I gasp, choke, or cough, tip the base of the bottle down briefly until I am ready to go on.

I will tell you when I am full.

- When I have had enough, I will turn away, push the bottle away, or fall asleep.
- Please do not keep trying to feed me. I know when I have had enough.

Size of baby's tummy

One day old

- Stomach is $\frac{7}{8}$ " diameter
- Size of a marble
- Holds just 1- $1\frac{1}{2}$ teaspoons

Three days old

- Stomach is $1\frac{1}{2}$ " diameter
- Size of a walnut
- Holds about $\frac{3}{4}$ - 1 ounce (about 2 tablespoons)

Ten days old

- Stomach is $2\frac{5}{8}$ " diameter
- Size of a ping-pong ball
- Holds about $1\frac{1}{2}$ - 2 ounces (about 3 to 4 tablespoons)

1
day
old

3
days
old

10
days
old

How do you know if I eat enough?

You will know I eat enough when I wet 6 or more diapers a day, and the doctor says I am gaining weight and growing well. Please do not put me on a feeding schedule. I will let you know when I am hungry or full.

I need to eat often because I cannot eat very much at one time.

Birth to 4 months

I might eat every 2 to 3 hours or more often, about 8 to 12 times in 24 hours. My tummy can only hold about 1 to 3 ounces at a time.

4 to 6 months

I might eat every 3 to 4 hours or more often, about 6 to 8 times in 24 hours. My tummy can hold about 4 to 6 ounces at a time.

I will grow faster some days. I will need to eat more at these times.

My growth spurts may come around 2 to 3 weeks, 6 weeks, 3 months, and 6 months old.

Give me safe food

I can get sick from germs and the wrong food. I could throw up and get diarrhea.

- Wash your hands before you feed me.
- Mix formula the way the container says or how the doctor tells you.

Keep breastmilk up to 4 days (96 hours) in the refrigerator.

Keep opened concentrate formula covered and in the refrigerator up to 48 hours (2 days).

Keep formula made from powder up to 24 hours (1 day) in the refrigerator.

Store breastmilk or prepared formula toward the back of the refrigerator, where it stays colder.

- Never heat a bottle of breastmilk or formula in a microwave. The milk in the bottle might have hot spots that could burn my mouth.
- If you want to warm my milk, put the bottle of breastmilk or formula in a small pan of warm water for a few minutes.
- Throw out breastmilk or formula left in the bottle after I eat.
- Do not feed me plain water, sugar water, or honey.

When can I try new food?

For now, I grow best on breastmilk or formula. Please do not feed me other food until I turn 6 months old. Then, ask my doctor if I am ready. Please talk to WIC if you have questions about feeding me.

I need your touch

Hold me when you feed me.

I feel safe in your arms. Look at my face and into my eyes. Smile and talk to me. I will learn to smile and coo. I might stop in the middle of eating to rest and look at you.



Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <http://safetosleep.nichd.nih.gov>; Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.

Be sure I sleep

- Alone (even twins, triplets, or more) but near to you.
- On my back with my head uncovered, no pillow or blanket.
- In an empty bassinet, crib, or play yard with:
 - a firm mattress with a fitted sheet
 - no bumpers, wedges, or sleep positioner
 - no toys, mobiles, or crib gyms.

Spit up, gas, and dirty diapers

I might spit up if you try to feed me when I am full or if you bounce me after I eat.

I swallow air when I eat. I may spit up, have gas, or cry. Burping helps me get the air out. Wait for me to stop eating before you burp me. Gently pat or rub my back.

I might grunt and turn red to move my bowels. I might have 1 to 3 bowel movements a day or none for a day or 2. This is not constipation. Constipation is a hard, dry stool that hurts to pass and makes me cry.



Let's play

- Put me on my back on a blanket on the floor. Watch how I stretch and kick my legs and arms.
- Put me on my tummy. I will learn to push myself up with my arms and roll over.
- Let's play peek-a-boo.

Look what I can do!

I am ready to learn about you, about me, and the world I live in.
I learn best when I feel happy, loved, and safe.

Birth to 3 months

The world is new to me. It can be scary. Crying is my way to say I need you. When you come to me, I calm down. I learn that you care.

I must learn what day and night are. At first, I sleep 2 to 3 hours, wake up, eat, and go back to sleep again. It might take 3 or 4 months to learn to sleep longer.

I know your voice. I like to watch you. Tell me what you are doing. Hearing your words helps me learn to talk.

4 to 6 months

I can sleep longer at night.
I am growing strong and active.

I can hold my head up. I use my hands to pick things up and put them in my mouth.
Watch me so I do not choke.

I know my name when you say it. I babble "ba-ba-ba!"
I can laugh.



Keep me safe and healthy

- I need checkups and shots. Take me to the doctor a few days after birth and before 1 month, then when I am 2 months, 4 months, and 6 months old.
- Ask the doctor about vitamin D drops.
- Wipe my gums with a clean, wet, soft cloth after you feed me.
- As my teeth come in, brush them front and back, with a small soft toothbrush and a smear of fluoride toothpaste twice a day, every day, especially before bed.
- Keep me away from smoke, matches, lighters, and vaping tools. I can be poisoned by swallowing, breathing, or absorbing e-cigarette liquid through my skin or eyes.
- If you own a gun, please keep it locked in a safe place.
- If there is marijuana in the house, especially edibles, please store it where I cannot get it. It can make me dizzy and fall over, sleep so I cannot wake up, and even stop breathing. Take me to the Emergency Room if this happens.
- Never leave me alone at bath time, or while you change or feed me. Do not prop my bottle.
- Buckle me into an infant safety seat in the car. Learn how to install the seat correctly, in the car's back seat, facing backwards.

