



# 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 \_\_\_\_\_

\_\_\_\_\_

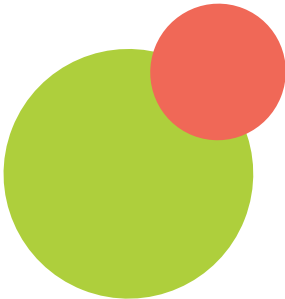
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# Feed me with food and love

- 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

- Size of a cherry
- Holds just 1- 1½ teaspoons (5-7 ml)

### Three days old

- Size of a walnut
- Holds about  $\frac{3}{4}$  - 1 ounce (22-27 ml)

### Ten days old

- Size of an extra large chicken egg
- Holds about 1½ - 2 ounces (60-81 ml)



# 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**

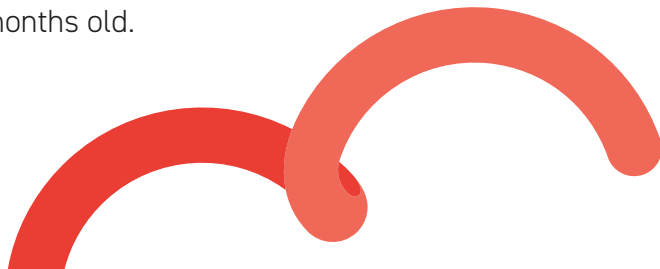
I might eat every 2 to 3 hours or more often, about 8 to 12 times in 24 hours. My tummy can only hold about 1 to 3 ounces at a time.

## **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 2 days (48 hours).**

**Keep formula made from powder up to 1 day (24 hours) 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.



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## 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 flouride 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.





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