



HEALTH ISSUES

- Breastfeed or use an iron fortified formula. No cows milk yet
- Consider introducing solid foods at 4-6 months (cereal first, then others one at a time).
- Do not put bottle in bed with baby.
- Do not give baby honey.
- Learn how to use a thermometer to take a rectal temperature.
- Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).
- Discuss with your physician if vitamins are recommended for your baby (vitamin D, iron)
- Avoid direct sun exposure. If necessary, use a sunblock - SPF 15-30.

SAFETY ISSUES

- Your baby should always be in a car seat while riding in a car
- Do not place fluffy pillows, blankets or stuffed animals in with baby. Place baby on their BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 deg.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).

YOUR BABY SHOULD...

- Look at your face and follows with eyes.
- Turn to the sound of your voice.
- Be interacting with you, socializing more.
- Be lifting his or her head momentarily.
- Be sleeping up to 3-4 hours at a time between feedings.
- Be able to stay awake for one or more hours.
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

YOUR BABY SHOULD...

- Babble and coo. Smile, laugh, and squeal.
- Raise his or her head up with a "push-up" motion.
- Recognize your voice.
- Open hands, hold hands together and hold onto objects.
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

YOU SHOULD CALL YOUR DOCTOR IF...

- Your baby has any difficulty breathing
- Your baby is more fussy than their usual
- Your baby does not eat several meals in a row
- You have any questions or concerns

After vaccines, it is normal for your baby to ...

- Mild fever
- Mild fussiness
- Mild redness/soreness at the injection site