



YOUR GROWING CHILD...

Babies grow, change, and learn differently. Here are some tips to help you enjoy and keep your baby healthy and safe. Please contact us if you have questions or concerns about your baby. Metropolitan Pediatrics offers a 24/7 nurse triage line by contacting the scheduling line at each office.

Health:

- A newborn needs a well child check starting within a few days of hospital discharge. Regular well visits are important to ensure normal growth and development.
 - The next well child check is at 2 months of age.
- Offer only breast milk or iron-fortified formula.
 - May nurse 8-12 times or take 20-24 ounces of formula per day.
 - Breastfed babies should take supplemental liquid vitamin D (400 IU per day). Check labels carefully to ensure proper dosage is given.
 - Appetite will vary depending upon growth and activity.
 - Baby is not ready for solid foods yet. Babies younger than 6 months of age should not have water. Babies younger than 12 months of age should not have raw honey.
 - Always hold your baby when feeding. Do not prop the bottle.
 - If you use well water: 1) make sure it is safe and 2) know the fluoride level. The county health department will test it for you if unknown.
 - Will burp during or after each feeding.
 - Has 6-8 wet diapers per day. Bowel movements will vary.
- Will sleep 11-18 hours per day.
 - Always put baby to sleep on their back with crib rails up.
 - Sleep surface should be firm. Extra soft surfaces (couches, waterbed or pillows), loose bedding or soft objects in the crib increase risk of SIDS (sudden infant death syndrome)
 - Back to sleep. Tummy to play. Supervised tummy time promotes development and prevents flattening of the back of the head.
- A rectal temperature of 100.4 or greater in an infant under 4 weeks of age needs immediate attention. Please call the office immediately if your baby has a fever.

Learning:

- Crying is your baby's first attempt at talking to you. Babies cry when they are hungry, hot, cold, wet, sick or hurt. Over time you will learning the meaning of these cries.
- When your baby is crying, try to:
 - Respond to baby. This will build trust, and help baby self-regulate.
 - Hold your baby often. This will not spoil your baby, but promote healthy attachment.
 - Sometimes it is hard to comfort your baby. Set baby in a safe space. Take a break when you need to.
- Read, talk and sing to your baby often.
- It is not recommended to allow children less than 2 years of age to watch television or have 'screen time.' Limited use of interactive video chat (such as FaceTime) is ok.

Safety:

- Always use an approved, rear-facing car seat properly secured in the back seat.
 - Don't let anyone smoke or vape around your baby.
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- Keep hot water temperature below 120 degrees. Before bathing your baby, check the water temperature.
- Never leave your baby alone in a bath tub, no matter how little water is in it.
- Never tie a pacifier or any jewelry around your baby's neck or to her clothing.
- To prevent falling from elevated surfaces, keep one hand on your baby when on a changing table, sofa, counter, etc
- Never warm your baby's bottle in the microwave.
- Don't drink, eat or hold hot liquids while holding onto your baby in case of spills.
- Keep plastic bags, balloons, safety pins, and small objects out of your baby's reach.
- Use smoke detectors and check them twice per year (such as at daylight savings time).
- Never leave your baby unattended with a young sibling or pet.
- Minnesota Poison Control: 1-800-222-1222
- Car seat clinic locations and schedule: <https://dps.mn.gov/divisions/ots/child-passenger-safety/Pages/car-seat-checks.aspx>