
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:

- Regular well visits are important to ensure normal growth and development.
 - Babies need a well child check at 9 months of age.
 - The next well child check is at 12 months of age.
- Appetite will vary depending on growth and activity.
 - Offer only breast milk or iron-fortified formula (cow's milk will be introduced at 12 months).
 - As solid food intake increases, you may notice milk intake decrease. Watch for cues from your baby.
 - Eat 3-6 small meals of pureed and soft table foods per day.
 - Breastfed babies should take supplemental liquid vitamin D (400 IU per day) and include iron-rich foods in their diet (iron-fortified cereals or pureed meat, beans, eggs etc)
 - Babies younger than 12 months of age should not have raw honey.
 - Consider taking a CPR course. Cut table foods into small pieces to prevent choking.
- Babies start teething. Chewing on cold, soft objects will help with the pain.
 - Start tooth brushing with the first tooth eruption to prevent cavities. Children's toothpaste with fluoride is recommended in small quantities (a grain of rice on the brush).
 - Juice and other sugar-sweetened beverages are not recommended for children.
 - Do not put your child in their crib with a bottle. Prolonged nighttime feeding increases the risk of dental cavities.
- May sleep 10-12 hours at night and nap 1-2 times per day.
 - Can learn to fall asleep on their own. Put babies in their crib while still awake but sleepy.
 - 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).

Learning:

- Babies at this age usually:
 - Babble. Repeat "words" such as "ba ba," "da da," and "ma ma."
 - Sit alone.
 - Start pulling up to stand by holding on to a table or your leg.
 - Start to scoot or crawl.
 - Can hold their own bottle or sippy cup. Use their fingers to feed themselves.
 - May be shy and cling to you when you leave.
 - Get into everything. Create a safe space for movement and exploration. Move objects that are unsafe or you don't want touched. Exploring is a safe way for children to learn about their world.
 - 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.
-

- Consider enrolling in Parent Powered Texts to receive tips for learning and development at thinksmall.org/texts

Safety:

- Always use an approved, rear-facing car seat properly secured in the back seat.
- Your baby is on the move! This is an important time to child proof your home. Use safety gates, door latches, and outlet covers. Ensure cords and window-drape strings are up and out of reach. Keep plastic bags, balloons, safety pins, and small objects away out of baby's reach.
- Prevent injury from burns. Keep baby away from the stove and oven. Turn pot handles to the back of the stove.
- Infant walkers are not recommended. Use a stationary device instead.
- Never leave your baby on an elevated surface such as a changing table or kitchen counter.
- Never tie a pacifier or any jewelry around your baby's neck or to her clothing due to the risk of choking/strangulation.
- Never leave your baby alone in a bath tub. Babies can drown in a small amount of water. Provide close supervision anytime you will be around water (pool, lake) and avoid standing water in your home (buckets).
- Don't let anyone smoke or vape around your baby.
- Use sunscreen and sun-protective clothing when spending time outside.
- Use smoke and carbon monoxide detectors and check them twice per year (such as at daylight savings time).
- 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>