

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 2 months of age.
 - The next well child check is at 4 months of age.
- Offer only breast milk or iron-fortified formula.
 - May nurse 6-10 times or take 20-32 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. Watch for cues, babies will tell you if they need more or are full.
 - 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.
- May sleep 4-6 hours at a time.
 - 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.
- Immunizations are recommended at 2 months of age to prevent serious illness in your child as well as to prevent the spread of infections.

Learning:

- Babies at this age:
 - Smile and coo when you interact with them. Read, talk and sing to your baby often.
 - Like to play on a blanket on the floor. They will hold their head up while lying on their tummy.
 - Watch a moving person and enjoy bright colored toys.
 - Cry when they need something. 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 learn 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.
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- 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:

- Infant walkers are not recommended. Use a stationary device such as a bouncy chair or swing instead.
- Always use an approved, rear-facing car seat properly secured in the back seat.
- Don't let anyone smoke or vape around your baby.
- 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.
- Never leave your baby unattended with a young sibling or pet.
- Keep plastic bags, balloons, safety pins, and small objects out of your baby's reach.
- 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>