
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 4 months of age.
 - The next well child check is at 6 months of age.
- Offer only breast milk or iron-fortified formula.
 - May nurse 5-7 times or take 20-32 ounces of formula per day. Appetite will vary depending upon growth and activity.
 - Breastfed babies should take supplemental liquid vitamin D (400 IU per day). Check labels carefully to ensure proper dosage is given.
 - Always hold your baby when feeding. Do not prop the bottle.
- Babies between 4-6 months may be ready to start pureed or “solid” foods.
 - There is no rush to begin. Most nutrition is still provided by breastmilk or formula.
 - Babies younger than 6 months of age should not have water. Babies younger than 12 months of age should not have raw honey.
- Babies start teething! Chewing on cold, soft objects will help with discomfort.
- Will sleep 8-12 hours at night and nap 2-3 times per day.
 - At this age, babies can learn to fall asleep on their own. Put babies in their crib while still awake but sleepy.
 - 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 4 months of age to prevent serious illness in your child as well as to prevent the spread of infections.

Learning:

- Babies at this age usually:
 - Laugh out loud, coo and yell, and repeat sounds. They learn when you sing, talk, and play with them.
 - Like to play on a blanket on the floor. They will push up their chest with their arms.
 - Start sitting upright when held and make attempts to roll from tummy to back.
 - Grasp all nearby objects and pull objects to their mouth – watch them carefully!
- 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:

- Your baby will soon be 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 out of your baby's reach.
- Infant walkers are not recommended. Use a stationary device such as a bouncy chair or swing instead.
- To prevent falling from elevated surfaces, keep one hand on your baby when on a changing table, sofa, counter, etc.
- Never tie a pacifier or any jewelry around your baby's neck or to her clothing due to the risk of choking/strangulation.
- Always use an approved, rear-facing car seat properly secured in the back seat.
- Don't let anyone smoke 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 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.
- 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>