



DEAR MOM AND DAD, HERE'S WHAT I NEED...

MY DIET

When to Feed Me

- My feedings may start to become more spread out.
- I am better at breastfeeding now and it may not take me as long to feed as it used to.
- I may start sleeping longer possibly even 4-6 hours. It is also normal that some babies do not sleep longer until closer to six months of age.

What to Feed Me

Breastmilk or formula with iron will be my first food and meets my needs until I am six months of age. If exclusively breastfed, I need extra iron beginning at four months of age.

Breastmilk is Best

Exclusive breastfeeding for the first six months of life is recommended by *The American Academy of Pediatrics*. Breastmilk helps reduce my risk of illness and allergies, and changes nutritionally day-to-day to meet my needs. Vitamin D is recommended beginning in the first few days of life. Talk to my doctor about Vitamin D.

Breastmilk or Formula Feedings		
Baby's Age	Ounces (ozs) per Feeding*	Number of Feedings*
3 months	4 ozs	8
4 months	4-6 ozs	6-8
5 months	6-8 ozs	5-6

*Estimated

Important Information

- If you are feeding me formula, use non-fluorinated water until my first tooth comes in or around 6 months old.
- I shouldn't have honey until age 1. Honey has harmful bacteria that can make me sick.
- I don't need extra water. Breastmilk or formula provides me with all the water I need.



MY DEVELOPMENT

2 to 3 Months

Communication...

- I will be reliably smiling back at you by this age
- Play interactive games with me, such as Peek-A-Boo
- I will vocalize a variety of cooing sounds
- I may begin to chuckle during playtime or when tickled

Physical and Emotional Development...

- Although it can be normal for me to keep my hands loosely fisted while drowsy or sleeping, I should be opening my hands and moving my fingers around when I'm awake/alert.
- I may start to explore more with my hands - grabbing onto your hair or clothing while you're holding me, or scratching my fingers on surfaces around you while seated or laying down.
- I will probably start the teething process around 3 months of age. I may be more irritable, and bite on my hands/fingers and drool more often.

**Avoid using teething products which numb my gums, as these can contain unsafe ingredients and/or have undesirable side effects.*

WELL BABY VISITS AND VACCINES I NEED

3 to 5 Months

My health care provider will check my growth and development at every well baby visit. I will attend a 4 month well baby visit, unless otherwise recommended by my provider. Call my doctor in between well baby visits if you have a concern about my health or development.

I will attend a 4 month well baby visit and receive the following vaccines:

- Rotavirus
- Hib
- Diphtheria, Tetanus, Pertussis
- Polio
- Pneumococcal

Free Immunization Resource

Call toll free 1-800-CDC-INFO or visit www.cdc.gov/vaccines/parents

MY DEVELOPMENT

4 to 5 Months

Communication...

- I should start babbling and creating more vocal sounds
- I may start laughing by this age
- Introduce various sounds to me - make the "bah, bah, bah" sound, then show me examples of items that start with that sound (such as a *book*, *banana*, etc.)



Physical Development...

- I should be able to hold my head steady (unsupported).
- I may roll over from my belly to my back; never leave me unattended on any surface that I could roll off of (couch, bed, changing table, etc.) as suffocation or severe injury could occur.
- When I'm offered a small toy, I should be able to hold onto it for at least 1 minute, and will likely bring the toy to my mouth.
- When you place my feet on a hard surface, I should straighten my legs and attempt to "stand"/bear weight.
- At this age, I will start to realize that *for every action, there is a reaction*. I may discover that by kicking my legs on the mattress, the crib shakes a little...or by smacking objects, they fall over and/or make sounds... or when I do certain things, I get a reaction (laughing, smiling, groans) from you. Allow me to explore different objects, actions, and environments.

IMPORTANT TO REMEMBER

3 to 5 Months

- I don't need "screen time," I'm too young.
- Always follow safe sleep practices with me. I should be on my back, alone in a crib, bassinet or pack-n-play.

