



DEAR MOM AND DAD, HERE'S WHAT I NEED

MY DIET

When to Feed Me

- Don't worry about scheduling my feedings; I feed on demand.
- Feed me when I'm hungry. Watch for my early feeding cues such as sucking, rooting (baby turning head towards breast) and when I'm in a calm, alert state.
- Breastfed babies may require feedings more often than formula fed babies. Breast milk is digested more easily so I may require more feedings.
- If I sleep more than 4 hours, wake me up to feed me.
- Growth spurts may occur at about 7-10 days old, 2-3 weeks old and 4-6 weeks old. My feedings may be more or less frequent, or cluster feeding may occur during growth spurts.

What to Feed Me

Breastmilk or formula with iron will be my first food and will meet my needs until I am six months old.

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.

Breastmilk or Formula Feedings		
Baby's Age	Ounces (ozs) per Feeding*	Number of Feedings*
0-4 weeks	2 ozs	8-12
1 month	2-4 ozs	8-10
2 month	4 ozs	8

*Estimated

Important Information

- If you are feeding me formula, use non-fluorinated water until my first tooth comes in or around 6 months old.
- Wait until I am at least 1 year-old to feed me honey. Honey contains 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

Birth to 1 Month

What I can hear

- I can hear at birth (I start hearing while I'm still in the womb).
- Talk to me often; I love to hear your voice.
- If I did not pass my newborn hearing screen, it is important to have follow-up testing completed (as directed by my healthcare provider).

What I can see

- I can see objects best when they are 8-10 inches from my face.
- I see bold, contrasting colors (such as black, white, red) best.

Communication

- I "talk" by making throaty or gurgling sounds, and crying.
- Crying helps me tell you that I need something (I'm tired, hungry, want to be held, need to be changed, etc.). I require reassurance that you will be there for me when I need you - **you will not spoil me by picking me up when I cry.**

Physical & Emotional Development

- When I'm awake/alert, spread a blanket on the floor and place me on my belly for supervised Tummy Time, for as long as I can tolerate it (after umbilical cord has fallen off).
- Hold me skin-to-skin often. This helps me regulate my temperature, promotes bonding, calms me, improves breastfeeding success, and can help you observe my "feeding cues" better.
- I tend to keep my hands in fists. Offer me your finger to hold onto, or place baby-safe items into my palms to promote grasping/fine motor development.

WELL BABY VISITS AND VACCINES I NEED

Birth to 1 Month

My healthcare provider will check my growth and development at every well baby visit. My first visit will be 2-4 days after leaving the hospital, unless otherwise recommended by my provider. I will get my first hepatitis B vaccine at this time if I didn't receive one in the hospital. I will attend a 1 month well baby visit.

Free Immunization Resource

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

MY DEVELOPMENT

1 to 2 Months

What I can hear

- I enjoy hearing you speak and sing to me.
- I startle at loud noises, and should notice toys that make sounds (if you notice I'm not, notify my healthcare provider).

What I can see

- My sight is now more developed and I can see at a greater distance; as family members walk around the room, I will start to follow them with my eyes.
- My eye movements may not be fully coordinated (I may go cross-eyed).
- I begin to track objects with my eyes. While I'm on my back, move a toy back/forth and up/down in front of me - I should start to watch the object as you move it around.

Communication

- I will begin to smile back at you (unlike when I would smile at random during my 1st month of life). Smile when you talk to me to see if you can get me to smile back.
- I may begin to vocalize some cooing sounds, such as "oo" or "ah".
- While holding me, walk around to different rooms and verbally label people and objects for me; this helps me know my surroundings, and I will enjoy the interaction.

Physical Development

- Continue to give me Tummy Time at least 2-3 times daily when I'm awake or alert. I will begin to raise my head off the floor surface, indicating my increased neck strength and improved head control.

WELL BABY VISITS AND VACCINES I NEED

1 to 2 Months

I will attend a 2 month well baby visit and receive the following vaccines:

- 2nd Hepatitis B
- Rotavirus
- Diphtheria, Tetanus, Pertussis
- Hib
- Pneumococcal
- Polio