

Infancy Parent Tips

Healthy

- Review your infant's growth charts with your healthcare provider.
- Make healthy eating and activity together a goal for all family members.

Eating

- Breastfeed your baby and continue to breastfeed throughout the first years of life.
- 8-12 times a day from birth until solids are added.
- 6-10 times a day after solids are added.
- If using formula, use iron-fortified until 12 months, but no more than 32 ounces per day.
- Gradually start solids between 4 to 6 months of age.
- Fruits: 1-3 servings per day.
- Vegetables: 1-2 servings per day.
- Meat or other proteins: 1-2 servings per day.
- (1 serving equals 1-2 tablespoons).
- Provide 10-20 feedings to show your baby to see, touch, taste and eventually swallow new foods. Give only 100% fruit juice (not fruit drinks) but only 4-6 ounces maximum per day, and not before 6 months of age.

Activity

- Provide tummy time daily when your baby is awake, beginning with brief periods with something to look at.
- Play games that use your baby's large and fine muscles.
- Read to your baby every day while looking at picture books.
- Avoid TV, video or computer time for your baby; babies learn best from their parents.

Together

- Learn the signals your baby sends out that say, "I've had enough to eat or drink" (e.g., puts fingers in mouth or turns away from food).
- Stop your baby's nighttime bottle feedings by 6 months of age when solids begin.
- Work with your baby to transition to cup feedings around 9 to 12 months of age.
- Use food to satisfy hunger not as "comfort feeding" and play to help with baby boredom/fussiness.

Always ask your Primary Care Provider whenever you have any concerns/questions regarding your babies' health!

