

2 months old



Child's name _____

Date _____ Length _____

WT _____ HC _____

Food for Thought

Any feeding concerns?

How is breastfeeding going?

Are you putting anything in your baby's bottle besides breast milk or formula?

How do you tell when your baby is hungry; when your baby is full?

Does your baby spend time on his or her belly?

Feeding Advice

- Breastfeeding is highly recommended. The *best* food for your baby is breastmilk.
 - As your baby gets older and bigger, he or she will go longer between feedings and take more at each feeding.
 - Expect to breastfeed your baby every 2-3 hours. If you are using formula, most babies take 4 oz. and feed 4-5 times per day. Total formula intake should be 16-24 ounces in 24 hours.
 - Not all crying means hunger.
 - Continue to use a 4 oz. bottle.
 - Wait until at least 4-6 months to start cereal when your baby is developmentally ready.
 - *DO NOT* put cereal in the bottle.
 - *DO NOT* give your baby honey, juice, sweetened water or soft drinks.
 - Vitamin D supplementation (available over the counter as D-Vi-Sol) is recommended for breast feeding babies at a dose of 400 IU per day.
- Visit www.healthychildren.org for more information about caring for your child

Be Active

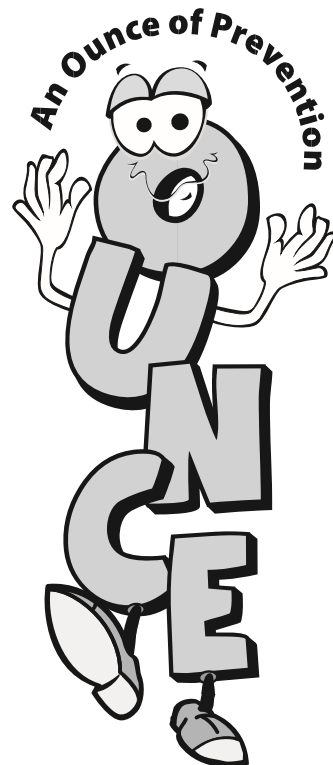
- Use crib mobiles and encourage reaching, kicking, stretching and belly play time.
- Limit time in swings and infant seats
- Screen time (TV, computer, electronic games) not recommended under age 2.

Safety

- Babies should always be placed on their backs to sleep, alone (without blankets, pillows, or other objects), in a crib or bassinet.
- Infants should never share a bed with others or sleep on any soft surface such as a bed or sofa due to a high risk of death from Sudden Infant Death Syndrome (SIDS)
- Infants ages newborn to 2 years old should ride in a rear facing car seat.



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is Worth a Pound