

Please Help Me

I want to grow strong in body, heart, and mind. I grow best when you:

- Hold and cuddle me.
- Smile and talk to me.
- Listen to me when I "talk" to you with my face and body.

Feed Me Right...With Food and Love

Breast is best!

Breastmilk is the perfect food for me. It has just the right amount of nutrients I need. It changes with my appetite and as I grow. It helps me recover faster after delivery and keeps me from getting sick.

Let me eat until I show you I'm full.

You'll see I'm full when I stop sucking and let go of the nipple. I look relaxed or sleepy. Let me decide if I want to stop eating. Once I get full, I might frown, fuss, and kick if you keep feeding me.

I eat more when I have a growth spurt.

If I'm breastfeeding I'll nurse longer or more often and your body will make more milk to meet my needs. If I drink formula, I'll act hungry after finishing a bottle. During a growth spurt, if I drink all my formula and I still act hungry, give me another ounce or two.

How do you know that I'm eating enough?

I wet 6 or more diapers a day and the doctor says I'm gaining weight and growing well.

Keep me safe and healthy.

- If you use a bottle to feed me, put only pumped breastmilk or formula in it. I don't need to drink water or juice. I get all the liquid I need from breastmilk or formula. Please don't give me sweet drinks or soda.
- Wash your hands before you feed me or make my food.
- Follow the mixing instructions on the formula label or as given by my doctor.

• Never warm my bottle in a microwave. Liquids heat unevenly and I could burn my mouth.

• Use a prepared bottle of formula right away.

 Throw away any formula left in the bottle one hour after I start a feeding.

Feeding Guidelines

Feed me breastmilk or baby formula with iron for the first year. Breastmilk or formula is the only food I need for the first 6 months.

Birth to 4 Months

I'll want to eat 8 to 12 times in 24 hours. My tummy can hold about 2 to 3 ounces at a time.

4 to 6 Months

I'll want to eat about 6 to 8 times in 24 hours. My tummy can hold about 4 to 6 ounces at a time.



Don't feed me honey or foods with honey. Warning! | Don't leed the horse, | Louid get serious food poisoning.



When can I try a new food?

I grow best on breastmilk or formula. Don't feed me any food until I'm about 6 months old. Ask my doctor if I'm ready to try a new food.

I must be able to:

- Sit up and hold my head steady.
- Show I want food by opening my mouth to take it from a spoon.
- Show I don't want food by closing my mouth or turning my head away from you.

Spit Up...Gas...Dirty Diapers

I need to get used to food in my tummy. So, I may spit up, get gas, and grunt and turn red when I have a bowel movement. It doesn't hurt and goes away as I grow.

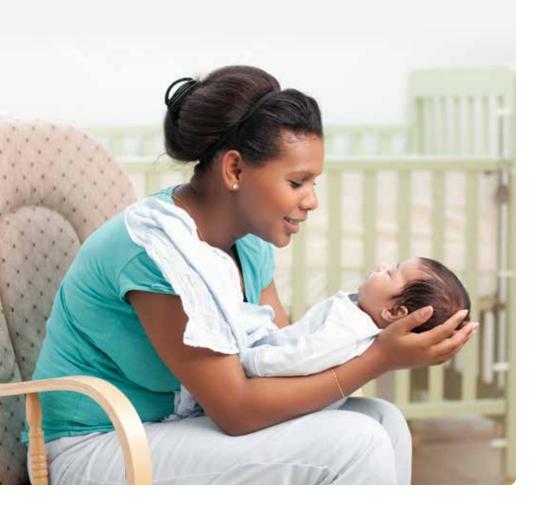
- I spit up less if I'm calm when I eat and stop eating when I get full.
- I swallow air when I eat. If I swallow too much, I might need to be burped. Wait until I stop eating to burp me. Hold me with my tummy against your chest or lap. Gently pat or rub my back.
- I might have one or more bowel movements a day. Sometimes, I might not have any for a day or two. This is not constipation. Constipation is a hard, dry stool that hurts to pass and makes me cry.

Play with me!

Please don't keep me in a baby carrier or infant seat. Put me on a blanket on the floor. Watch how I stretch and kick my legs and move my arms. I'm making them stronger.

Put me on my tummy. I'll learn to push myself up with my arms. I'll learn to





I need your touch.

Hold me when you feed me. I feel safe in your arms. Look at my face and into my eyes. I'll learn to look back. I love to look at your face. Talk to me. I'll learn to smile and coo.

Sometimes I take a break from eating, even though I'm not full yet. I just want to rest or share some special time with you.

Help me stay awake while you feed me. If I fall asleep with milk in my mouth, I could choke or get an earache.

Look what I can do!

I'm ready to learn about you, about me, and the world I live in. I learn best when I feel happy, loved, and safe.

Birth to 3 Months

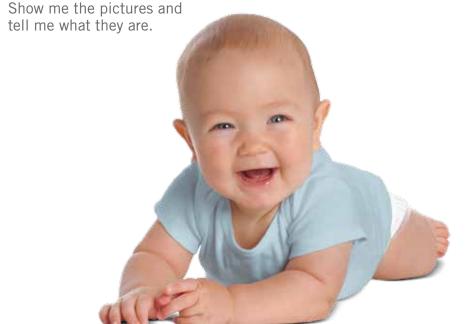
The world is new to me. It can be scary. I cry a lot at first. Crying is my way to say I need you. When you come to me, I calm down. I learn that you care. Holding me will not spoil me.

I must learn what day and night are. At first I sleep 2 to 3 hours, wake up, eat, and go back to sleep again. It might take 3 months or more to learn to sleep through the night. Please be patient as I learn. I know your voice. I like to watch you and learn what you do. Show things to me and tell me about them.

4 to 6 Months

I start to settle into a routine. I can sleep longer at night. I'm growing strong and active.

I can hold my head up. I use my hands to pick things up and put them in my mouth. Keep an eye on me so I don't choke. I know my name when you say it. I babble ba-ba-ba! I can laugh. Let's play peek-a-boo and pat-a-cake. Please read to me.



Health and Safety Tips

- I need check ups and shots to stay healthy. I should visit the doctor a few days after birth and before one month, then at 2 months, 4 months, and 6 months of age.
- If I'm breastfed, ask my doctor if I need a vitamin D supplement. At about 6 months, ask about iron too.
- Clean my mouth after I eat. Wipe my gums with a clean, wet, soft cloth.
- Put me on my back to sleep. Use a firm mattress. Keep pillows, quilts, and toys out of my bed. I might suffocate if a blanket, toy, or pillow covers my mouth.
- Keep me away from cigarette, tobacco, and all other smoke. Smoke hurts my lungs and can make me sick.
- Never leave me alone at bath time or while changing me.
- Buckle me into an infant car seat before we ride in a car.
 It's the law! Install my seat in the car's back seat, facing backwards.







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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

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Tips for My First Six Months