

GROWING LEAPS AND BOUNDS®

SERIES: 2 OF 12



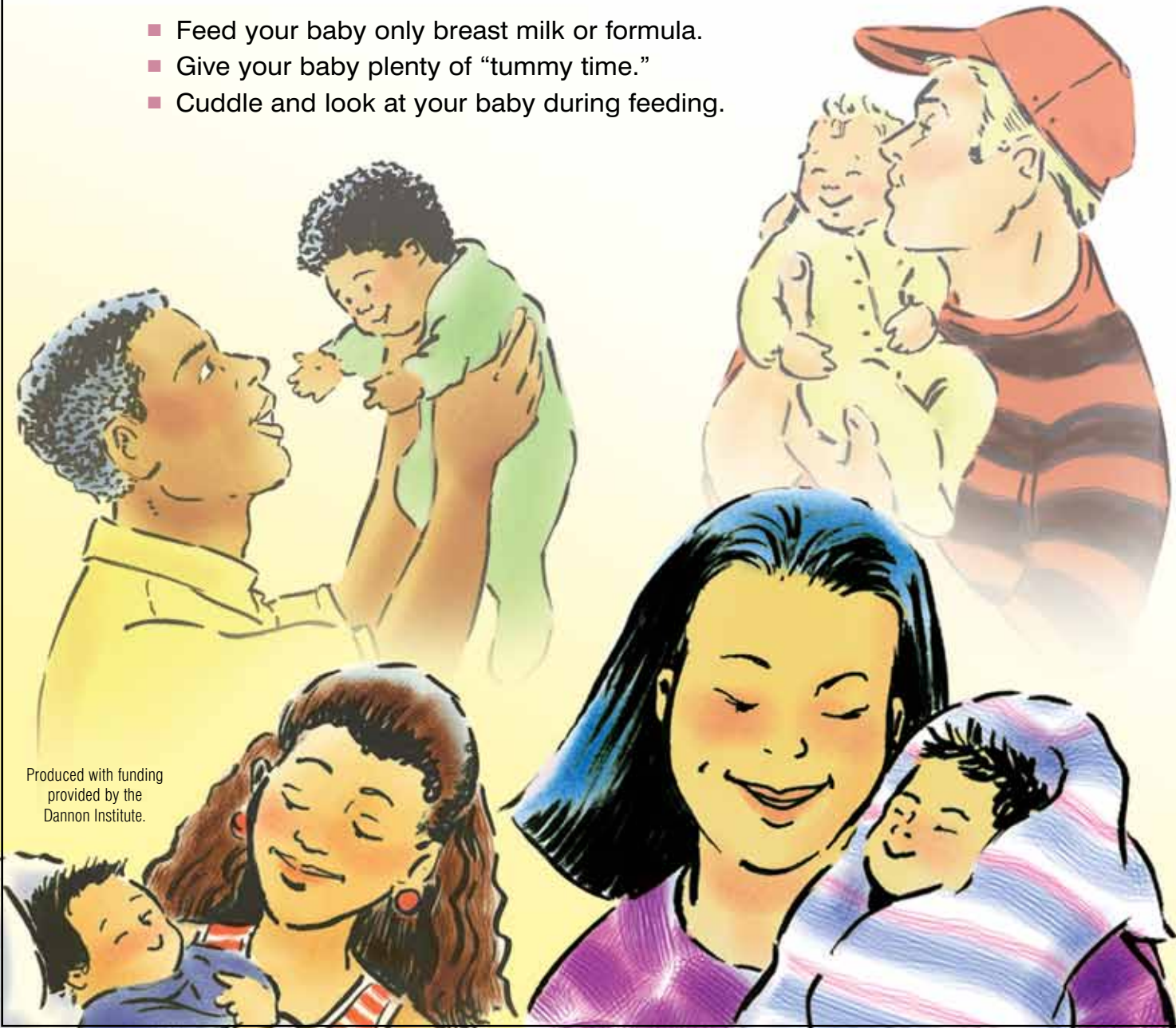
A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

GETTING TO KNOW BABY

Your baby is so much more alert now! He smiles, coos, and lets you know he knows who you are. His new big excitement is playtime, especially when you're the playmate.

Until Your Next Well-Child Visit...

- Feed your baby only breast milk or formula.
- Give your baby plenty of "tummy time."
- Cuddle and look at your baby during feeding.



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YOUR BABY'S MENU HASN'T CHANGED SINCE SHE WAS BORN, EXCEPT THAT SHE IS DRINKING MORE NOW.

Keep giving her only breast milk or commercial iron-fortified infant formula. Don't jump the gun on feeding solid foods! Babies under six months get all the nutrition they need from the breast milk or formula.

- 1 Gradually move your baby toward a more regular feeding schedule, but stay flexible; appetites and moods can change from day to day.
- 2 Feed your baby every three or four hours, about six to eight times daily on demand. Breast-fed babies may need more frequent feeding. Feed her before you eat so that she is content, and then you can enjoy your meal, too!
- 3 Continue to observe her hunger cues, like making squeaky noises and crying.
- 4 Offer the last feeding as late as possible, say 10 p.m. or 11 p.m., to help your baby sleep for a longer period at night, and so you can sleep more, too.
- 5 Keep your baby's feeding environment calm and quiet.
- 6 Hold your baby close, cuddle her, and maintain eye contact during feeding.
- 7 Slow down feeding and burp your baby often when necessary. Avoid active play for 30 minutes or so after feeding.
- 8 Watch closely for those "I'm full" signs – turning her head away from the nipple, closing her mouth to block feeding, and losing interest. Avoid overfeeding when using a bottle.



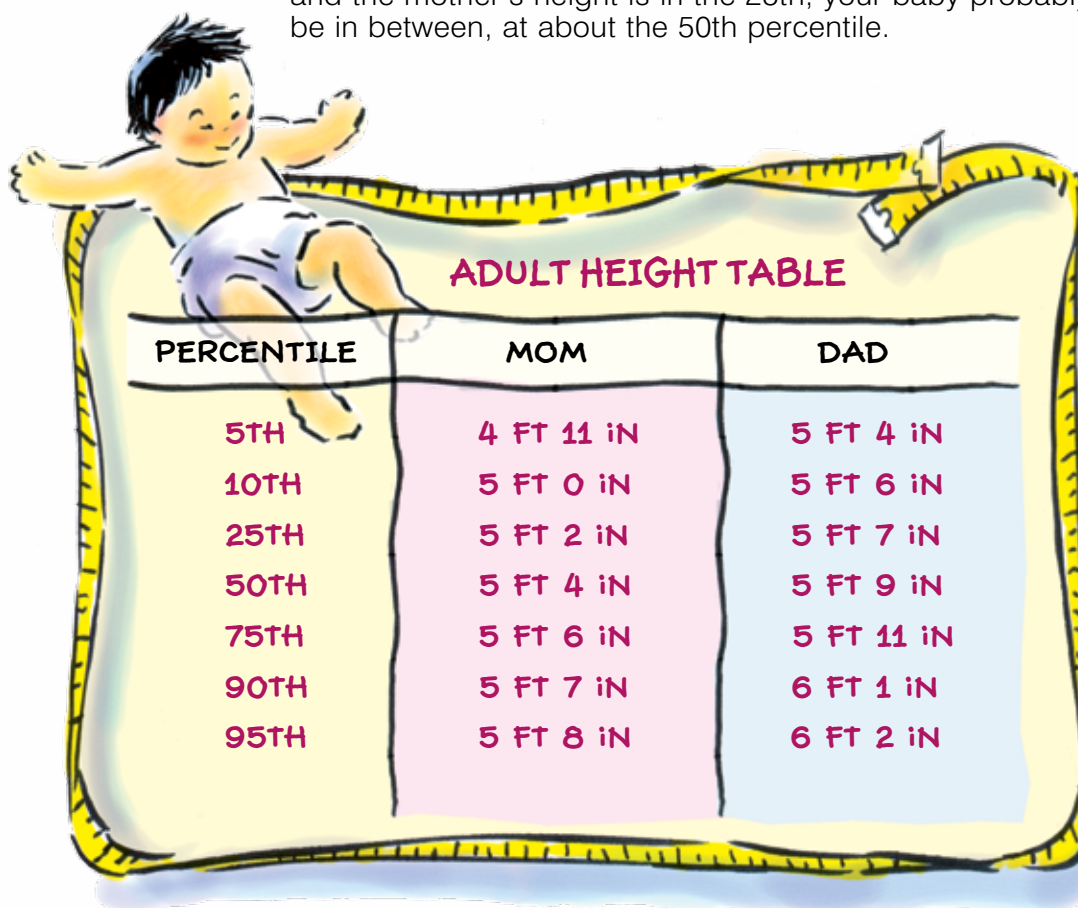
THE WEIGHT AND LENGTH CHECK AT THE DOCTOR'S OFFICE IS AN EXCITING PART OF THE VISIT.

At this age, your baby may gain up to one ounce per day and two pounds per month. If you think that your baby is growing faster or slower than other babies of the same age, be sure to discuss this with your doctor.

Your doctor, however, already is paying close attention to your baby's growth rate. At each visit, your baby's length and weight are plotted on a growth chart. This provides the doctor with important information about your baby's growth rate and how big your baby is in comparison to other babies the same age. For example, if your baby's length is in the 25th percentile, it means that about 25 percent of babies are his length or shorter and 75 percent are longer.

Where your child's measurements register on the growth chart is not necessarily important – children in the 90th percentile and children in the 10th percentile for length and weight can be equally healthy. What is important is that your child's length and weight are increasing at a similar rate to each other. The doctor confirms this by plotting your baby's length and weight from each visit on the chart and then "connecting the dots" to create an upward curved line.

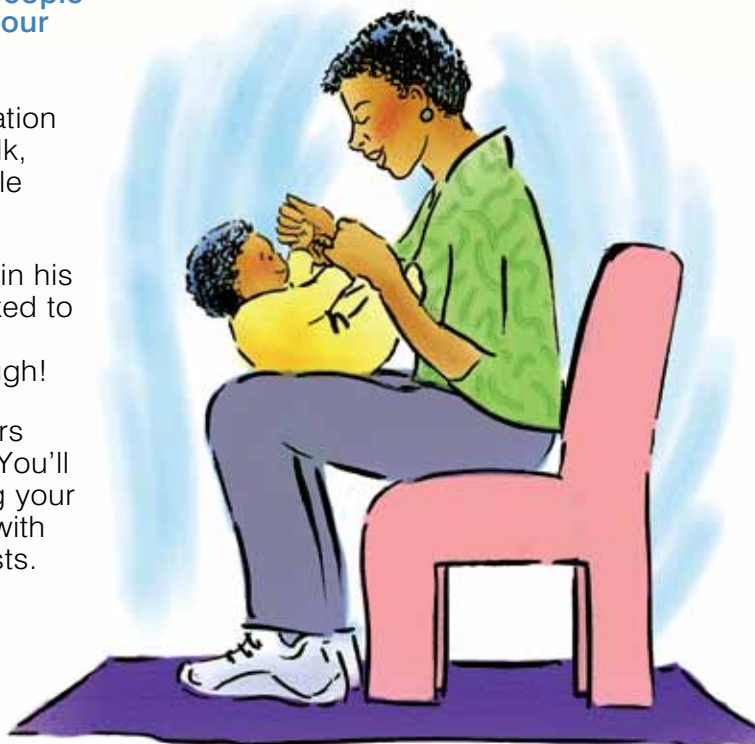
In addition to being curious about your baby's current length, you probably are curious to know how tall your baby will be when he grows up. You can get a general idea by knowing the parents' heights. If the height of the baby's father is in the 75th percentile and the mother's height is in the 25th, your baby probably will be in between, at about the 50th percentile.



SHOWER YOUR BABY WITH LOTS OF ATTENTION AND PHYSICAL CONTACT – HUGGING, CUDDLING, TOUCHING – ESPECIALLY DURING FEEDING TO BUILD TRUST AND SECURITY.

By now, most babies react to the people around them – they can look into your eyes, smile, and coo.

- You are your baby's primary stimulation and entertainment, so be sure to talk, sing, and smile a lot, especially while holding and touching him.
- Watch for and respond to changes in his temperament from cuddly and relaxed to responsive and active. Your baby's personality is starting to shine through!
- Make sure that other family members begin to bond with your baby, too. You'll feel much more comfortable leaving your baby, even if only for five minutes, with someone your baby knows and trusts.



NOW WOULD BE a GOOD TIME TO...

Talk to your pediatrician about which hospital to take your baby to in case of an emergency.

Sign up for an infant CPR and safety course at your local hospital or Red Cross chapter.

If you are returning to work, ask your employer about a lactation room and an appropriate place to store your breast milk.

YOUR CHILD MAY BE MUCH MORE ALERT AND RESPONSIVE NOW. HE'S READY TO "PLAY" BUT HE'S STILL LITTLE AND TIRES EASILY, SO PLAYTIME MAY ONLY LAST FIVE OR 10 MINUTES!

- Give him "tummy time" by placing him on his tummy when he's awake to help strengthen his muscles. His motor skills are improving – when lying on his tummy, your baby probably can lift his head. Soon he may be able to lean on his elbows and arch his back.
- Hang a mobile about two feet above his crib; take it down once he starts grabbing for it to prevent him from getting hurt!
- Stimulate your baby by bringing him to a different room, moving his arms and legs, playing soft music, or just talking to him.
- Avoid using television or videos to entertain your baby. The American Academy of Pediatrics recommends no television or video viewing for children under two years of age.
- Play with objects that squeeze, squeak, have a variety of textures, and roll to develop your baby's senses of touch, sight, and hearing. Place a small rattle in his hand and watch him smile.
- Let him look into a baby mirror while lying on his tummy.



A FEW WORDS ABOUT FEEDING SAFETY

To reduce chances of tooth decay and overfeeding, avoid putting your baby to bed with a propped-up bottle. Always hold the baby during feeding with his head elevated.

Make sure your sitters and day care facility know your baby's feeding pattern.





GETTING BACK INTO SHAPE

For the average woman, at least seven pounds of the weight gained during pregnancy is fat!

Now may be the time to start getting back into shape, as you may have a bit more time for yourself. Ask your doctor for suggested exercises, look for guidance in a parenting magazine, book, or website, or join a parent-infant exercise class. Set aside personal time every day during your baby's most dependable nap; start slowly, and work up to a longer and slightly harder activity level.

Taking care of yourself by eating a healthful diet and being active will help you feel better and stronger and will set a healthy example for your child.

HELPFUL HINTS

- If you have the TV, radio, or stereo on, keep the volume low – loud sounds can be startling and distracting during feeding.
- If you've been alone with a crying baby for a while, take a break to relax and regroup. It can be hard to console your baby if you are anxious and irritated. Ask your spouse, a relative, or a friend to spend some time, even 10 minutes, with your baby while you rest, take a shower, or go for a walk.

Always talk with your baby's doctor when you have questions about your baby's growth, development, and overall health. Ask which situations should prompt an immediate phone call, a visit to the office, or a trip to the emergency room.

The Dannon Institute is a non-profit foundation dedicated to promoting research, education, and communication about the link between nutrition and good health. "Growing Leaps and Bounds™" was created to help build a solid foundation of healthy eating and activity for your child, now and for the future. The Dannon Institute is supported by The Dannon Company, Inc.

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