



# Dear Dad and Mom,




# Birth to 3 Months

	Birth - 1 Month	2 - 3 Months
<b>How I need to eat...</b>	<ul style="list-style-type: none"> <li>Breast milk every 1 ½ -3 hours or 2-4 ounces infant formula every 3-4 hours</li> <li>I may take more or less, let me decide, how much and when to eat. I don't need extra water.</li> </ul>	<ul style="list-style-type: none"> <li>Breast milk every 2-4 hours or 5-7 ounces iron fortified formula every 4-6 hours</li> <li>I don't need to have cereal added to my bottle because it may cause food allergies and will tend to make me overweight</li> </ul>
<b>Here's what I need from you...</b>	<ul style="list-style-type: none"> <li>To be held a lot-I'll cry less when I'm older, if you hold me a lot now</li> <li>Hold me while I'm eating. Don't prop the bottle. I need you to hold me and besides, I might choke!</li> <li>Hold me, hug me, talk to me, sing to me. Show me you love me, and I'll learn to love others by your good example.</li> </ul>	<ul style="list-style-type: none"> <li>To be touched gently and often when awake</li> <li>Lots of eye to eye contact-especially during feeding</li> <li>I really like to hear you talk to me</li> </ul>
<b>What I can see...</b>	<ul style="list-style-type: none"> <li>Light and dark patterns</li> <li>Objects about 8 inches from my face</li> <li>I like to look at faces</li> </ul>	<ul style="list-style-type: none"> <li>Objects that I can follow with my eyes</li> <li>Everything, even though my eyes sometimes cross</li> </ul>
 <b>What I can hear...</b>	<ul style="list-style-type: none"> <li>I love the sound of your voice. I recognize your voice from when I was in your tummy.</li> <li>The sound of rattles and bells</li> <li>I like soft, high-pitched voices better than low, deep voices</li> </ul>	<ul style="list-style-type: none"> <li>I can tell the difference between people talking and other sounds</li> <li>Rattles and toys that make noise are interesting to me</li> </ul>
<b>What you can do to make me feel good...</b>	<ul style="list-style-type: none"> <li>Keep me dry</li> <li>Keep me warm</li> <li>Hold me</li> <li>Pick me up when I cry-don't worry about spoiling me</li> </ul>	<ul style="list-style-type: none"> <li>Make faces at me so I can learn to imitate you. Play peek-a-boo with me.</li> <li>Sometimes, lay me on my stomach to play so I can make my neck stronger</li> <li>Let me sit in my infant seat near you so I can watch you</li> <li>Hold me</li> <li>Smile at me</li> </ul>
<b>Good things to know about me....</b>	<ul style="list-style-type: none"> <li>Lay me on my back when I sleep</li> <li>I usually have a bowel movement about 1-4 times per day</li> <li>I feel better and will usually stop crying if you hold me</li> <li>I need 2 night feedings and 5 or 6 during the day</li> <li>I sleep most of the time</li> <li>Sleeping, eating, and crying is not always the same from day to day</li> </ul>	<ul style="list-style-type: none"> <li>I can lean on my elbows when laying on my stomach</li> <li>I can sit when my back is supported</li> <li>When I hear sounds, I turn my head to see where the sound is coming from</li> <li>If you're nearby, I'll try to attract attention by smiling or talking</li> <li>I can smile a lot</li> <li>I am becoming more regular about eating, sleeping and staying awake</li> </ul>
<b>How to keep me safe...</b> 	<ul style="list-style-type: none"> <li>I can fall off tables, counters, sofas and beds. If you keep a hand on my tummy you'll protect me from falling.</li> <li>I can get burned if you put me in bath water that's too hot!</li> <li>Loud noises (yelling) scares me</li> <li>If you take me for a car ride, make sure I'm in an infant car seat</li> </ul>	<ul style="list-style-type: none"> <li>I can fall off tables and beds and can scoot and roll from my side to my back, so keep an eye and hand on me</li> <li>Keep my infant seat on a low firm surface</li> <li>Loud noises and people yelling upset me</li> <li>I can't shut out noises as well as I could before</li> <li>Don't cover my face with a blanket</li> <li>Put a hat on my head when I go out. I'm very temperature sensitive.</li> </ul>
<b>Good things to have around...</b>	<ul style="list-style-type: none"> <li>A rocking chair will help soothe me and you when I'm crying</li> <li>A pacifier helps keep me calm</li> </ul>	<ul style="list-style-type: none"> <li>Mobile with bright objects</li> <li>Rattle</li> <li>I still like the rocking chair</li> </ul>
<b>What I need...</b>	<ul style="list-style-type: none"> <li>My first Hepatitis B vaccine shot if I didn't get it in the hospital</li> </ul>	<ul style="list-style-type: none"> <li>My two month old shots if you haven't taken me in for them yet</li> </ul>

# Dear Dad and Mom,

# Birth to 3 Months

Here's what I need to eat from birth through 3 months

When to Feed		What to Feed		PARENT ALERT!!!!
<p>Don't worry about putting me on a schedule.</p>  <p>Feed me when I'm hungry. Learn my "hunger cry". My stomach is small, energy needs are high. I need to eat small amounts, often.</p> <p>If I sleep longer than 4 hours, wake me to eat – especially that first week.</p>  <p>Many babies begin sleeping through the night at about 6-8 weeks of age.</p>		<p>Breast milk or formula with iron meets my needs until four months of age.</p> <p>Breast milk or formula with iron will be my first food. Each has advantages:</p> <ul style="list-style-type: none"> <li>• Breast milk helps reduce my risk of sickness and allergy. It comes ready to feed and never has to be heated.</li> <li>• Bottle-feeding makes it possible for anyone to feed me. Burp me about halfway through the feeding and at the end of the feeding.</li> </ul> <p><b>Breast Milk is Best</b> Either breast milk or formula with iron will help me grow. Pick the best type of feeding for you and me.</p> <p>Wait until I am 4-6 months old before giving me cereal or other foods because then:</p> <ul style="list-style-type: none"> <li>• My stomach is ready to digest other foods</li> <li>• I can get constipated</li> <li>• Fewer allergies may develop if you wait</li> <li>• I can control tongue muscles to eat from a spoon</li> <li>• I can sit up and hold my head steady</li> </ul>		<p><b>NITRATES</b></p> <p>Some well water contains high levels of nitrates which can make me sick. Have your well water tested for nitrates by your county health department. If the level is high you should give me bottled water until I am <b>one</b> year old.</p> <p><b>FLUORIDE</b></p> <p><b>If your water does not have one PPM of fluoride, ask your doctor or dentist about a fluoride prescription when the first tooth comes or at around 6 months old.</b></p> <p><b>FOOD ALLERGIES</b></p> <p><b>Ask your doctor about food allergies.</b> If your baby's family has a strong history of allergies, breastfeeding mothers should avoid eating peanuts and tree nuts. Also, consider avoiding eggs, cow's milk, and fish. Discuss the need for calcium and vitamin D supplements for mom if allergies restrict her diet.</p> <p><b>HONEY</b></p> <p>Honey should not be given to babies. It contains a germ that can make me very sick.</p> <p><b>WATER</b></p> <p>I do not need extra water. Limit me to 2 to 4 ounces daily. Too much water can be harmful.</p>
Baby's Age	Ounces per Feeding	Number of Feedings	Total Ounces per Day	 <p>The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.</p>
0-4 weeks	3-4	6-8	18-24	
1 month	4-5	5-6	20-30	
2 months	5-6	5	25-30	
3 months	6-7	4-5	24-35	