

THE TWO WEEK OLD

The first few weeks of your newborn's life are often difficult. First time parents especially are adjusting to the shock! Remember that at about six weeks, a routine begins to emerge. Until then, just try to rest during the day when possible and call upon friends and family for help.

DEVELOPMENT

Most babies have an acne type rash on their face between three to twelve weeks. This is normal due to hormonal changes and will resolve by three months. The circumcision should be completely healed, and the umbilical cord should be off soon. A tub bath may be given when the cord falls off.

Babies can lift their heads up when lying on their stomachs. (Remember, babies can be on their stomachs when you are there and awake, but they need to sleep on their backs). An infant can see your face and may watch you for several seconds at a time. He may start spending more time awake, alert and looking around.

FEEDING

Your infant still feeds every two to four hours day and night. He should be fed on demand. Your doctor may tell you not to wake him at night if his weight is good at the two week check up.

VITAMINS

The American Academy of Pediatrics recommends that breastfed infants receive vitamin D supplementation. You can buy Enfamil's D-Vi-Sol in the grocery store. Tri-Vi-Sol is an acceptable alternative. Your infant needs one dropper daily.

SLEEPING

Most infants are sleeping in a bassinette in their parents' room at night. Try not to sleep with your infant for safety reasons. It is too early to expect your baby to sleep long stretches, but you can teach him the difference between day and night. Keep it dark and boring at night. Feed him, change him, and put him right back down. Many babies need to be walked and rocked to sleep. These practices should be stopped gradually, so that by four months, you can put your well-fed, happy baby in his crib awake, to fall asleep on his own.

SAFETY

Use your car seat!! Watch young siblings and pets closely when they are with your baby.

EXCESSIVE CRYING

Some babies cry more in the evening hours. This is classic colic. It is usually over by four months of age. Try using a front pack carrier or putting your infant in a stroller and taking a walk. Some babies like a swing or vibrating chair. It is okay to put an infant in his crib alone for ten minutes or so to see if he is over stimulated and tired. Sometimes babies cry no matter what you do! Just being there is enough.

The next check up is one month old.

Dr. Lee Ann Freeman
Dr. Jennifer Bondurant
Dr. Rachael Guice

THE TWO MONTH OLD

DEVELOPMENT

Lifts head when on tummy
Follows with eyes
Responds with a smile
Responds to noise

EATING

Breast milk or formula provides all the nutrition your baby needs for the first 4-6 months. We have found that babies have more problems with allergies if fed solids too soon. If formula fed, most babies are satisfied with 32 ounces per day. No bottle propping please. Always hold your baby during feeding.

PLAY

Remember, play is the baby's way of learning!

1. Talk to your baby.
2. Let your infant have brightly colored things to look at in the crib or playpen – mobiles, etc.
3. When awake, let the baby be with the rest of the family where the action is.
4. Take your baby for walks in a stroller or front pack carrier.

CONCERNS

Spitting Up: Many babies spit up a small amount of each feeding. As long as the baby is gaining weight, and is not unusually fussy, this does no harm. Sitting the baby in an infant seat for 30 minutes after the feeding sometimes helps. Spitting up usually stops by itself by 9 months of age.

Not Sleeping Through The Night: Many babies will sleep through the night by 4 months of age or when they are 12-14 pounds. Parents need to help this process by moving the infant to his own crib in his own room if possible. Sharing a room with a sibling is better than with a parent. Stop feeding your baby to sleep by 3 months. They should be placed in bed content, well fed but awake. If necessary, let them "wiggle around and fuss a bit" to get themselves to sleep. They need to learn in their own minds how to get themselves to sleep so that in the future, when they wake in the middle of the night, they can get themselves back to sleep.

If your baby is over 3 months, let him cry a few minutes in the middle of the night before feeding him. He may not be hungry, but just trying to get back to sleep. As your baby nears 4 months, start feeding him less and less in the middle of the night to wean him from the nighttime calories.

IMMUNIZATIONS

Your infant will receive his first set of immunizations today. Low-grade fever, fussiness or increased sleepiness is normal. You may give Tylenol several hours after the immunizations if needed. Our office is providing you with a Tylenol dosing sheet based on weight.

SAFETY

Babies are strong enough to tip a car seat to the side. Never leave an infant in a car seat on a high surface, such as a counter, top unattended.

Next check up is four months old

Lee Ann Freeman, MD Jennifer Bondurant, MD Rachael Guice, MD

THE FOUR MONTH OLD

DEVELOPMENT

Rolls over
Holds head steady when held upright
Reaches for objects
Squeals, coos
Sleeps through the night

EATING

Infants become interested in solids between 4-6 months of age. Breast milk or formula is still the infant's main food source. However, you may now offer your infant rice cereal mixed with formula or breast milk. After an infant is accustomed to the cereal, you may gradually add Stage I fruits and vegetables to the cereal.

PLAY

Your baby is more alert and active now and can be self-entertained for short periods of time. Place your baby on his stomach on the floor. Put bright objects where your baby can see and grab them. Pick your toys carefully because it is normal for your baby to put everything in his mouth.

OTHER CONCERNS

Drooling: Babies drool more frequently at this age. Their salivary glands are getting ready for new foods. This does not mean your baby is teething.

Teething: The average age for the first tooth is 7 months, but the age at which teeth appear can vary widely. Rubbing the gums with a cool washcloth, giving teething rings and Tylenol may help. We do not recommend Oragel.

Nighttime Awakening: After you feed and rock your infant at night, put him in the crib awake. At first, he may need to cry a little to get himself to sleep. Once he learns how to make himself fall asleep, he will be able to repeat this in the middle of the night without eating or rocking. Everybody, including your infant, will sleep better.

If you have not moved your infant to his own crib in his own room, do this now. Try to be a little more "hands off" in the middle of the night. All babies should sleep through the night by 6 months of age.

Remember: It is important for parents to have a chance to get out, and babies need to have some time away from parents too. Don't be afraid to leave your baby with a reliable babysitter occasionally.

Next check up is six months old.

**Dr. LeeAnn Freeman
Dr. Rachael Guice
Dr. Jennifer Bondurant**

THE SIX MONTH OLD

DEVELOPMENT

Rolls over and may creep on stomach (army crawl). Reaches for objects and holds them.

Sits leaning forward in a tripod position and usually falls over when he reaches for something.

Recognizes that someone is a stranger and may be afraid of them, even a relative they have not seen in a couple of weeks. Cries when left alone in a room.

May begin to make consonant sounds like “Da Da, Ba Ba, Ma Ma”, the start of babbling.

EATING

Eating is messy because babies this age want to help you and touch the food. They do this by grabbing the spoon, squeezing the food through their fingers, and blowing bubbles with a mouth full of carrots. It helps for parents to keep their sense of humor. It may help to give your baby something to hold in each hand while eating such as spoons.

Your baby should be taking **Iron-fortified cereal** now mixed with breast milk or formula. Over the next few months, we suggest introducing fruits, vegetables and meats. If your baby rejects the taste of a new food, try mixing it with a food he has accepted in the past. Sweet potatoes or applesauce makes everything taste good! Avoid citrus fruit, strawberries, tomatoes, eggs, fish, peanut butter and honey until one year. Never give your baby hard foods such as nuts or candy. **BABY FOOD DESSERTS ARE NOT NECESSARY.**

Baby food may be purchased or made easily at home. For example, shred fresh carrots in a food processor, cook a few minutes in water until tender, and then puree in processor. Eat within a few days or freeze the puree in ice cube trays covered with plastic wrap. Pop the cubes out after they are frozen and store in zip lock bags. Most vegetables and meats can be processed this way and the consistency can be made chunkier as your baby grows. Do not season or add sugar. Meats need to be processed with added thin baby rice cereal for better consistency. The frozen food cubes can be stored for more than a month and are easy to melt in a microwave.

Please keep your baby on breast milk or formula. If your infant bites down during breast-feeding, let her know that this is unacceptable with a firm “No bite!” We suggest always holding your baby and giving her the bottle. If a baby holds her own bottle, it becomes her possession and harder to take away at one year. It is better for her to make an attachment to a blanket or teddy bear that can be kept for years. Only use a bottle for formula or water. You can also introduce a cup at this time for a little bit of juice or water. Do not let your baby have a bottle of milk in bed because later it can cause cavities, if they continue this habit when teeth have erupted.

Do not “feed to fall asleep”. Put your baby in the crib, well fed but awake and let him learn how to fall asleep.

PLAY (6-9 MONTHS)

Play peek-a-boo under a blanket Riding in a backpack while parents hike

Chewing increases as sucking needs decrease. Good time to **THROW AWAY THE PACIFIER** including nighttime.

When your baby can sit steady, they can transfer objects from hand to hand, from their hand to your hand, and from their hand to their mouth. Provide objects they can grasp and also safe to chew.

SAFETY – POISON CONTROL 1-800-222-1222 Time to start baby-proofing the house.

--Put up all poisons, cleaning agents, and medicines. Keep all small objects out of reach

--Do not leave your baby alone on a bed, in the yard, or in the tub.

--Do not smoke or drink hot liquids while holding your baby. They are active, love to grab stuff and may get burned.

--Do not leave your child in a carrier or car seat on a high surface. They are big enough to tip them over.

--Gates for stairs, both top and bottom are necessary as your baby begins to crawl.

NEXT CHECK UP IS AT NINE MONTHS OLD.

MARYLAND FARMS PEDIATRICS 373-3337

DRS. LEE ANN FREEMAN, JENNIFER BONDURANT AND RACHAEL GUICE

THE NINE MONTH OLD

DEVELOPMENT

Sits alone and plays with objects while sitting Crawls or scoots and then pulls to standing
Picks up small objects with thumb and forefinger, transfers objects from one hand to the other hand
Looks for fallen objects or objects hidden under a blankets
Babbles consonants like “ba ba”, and shows understanding of what you say
New fears—strangers (even grandparents), vacuum cleaners, big bathtub, animals, balloons, clowns

EATING

Most babies eat three meals a day, some of which can be soft table food or finger food. Your baby should breast feed about 4-6 times a day or take about 24-32 ounces of formula. **We suggest using a cup for all new liquids introduced** (juice or whole milk). Whole milk may be introduced slowly in a cup about 11 months. Between 11-13 months, slowly give more whole milk in a cup and less formula in a bottle. This allows a slow transition to milk in a cup instead of formula in a bottle. Plan to end bottle-feeding by 13 months. As whole milk is introduced in a cup, breast-feeding may be continues as long as desired. Discontinue feeding at night to protect new teeth.

By nine months your child should be sitting in a highchair to eat, letting him join the family for meals. He will want to self-feed finger foods such as crackers, cheerios and soft vegetables. **Let him make a mess!** Continue to feed you child other foods with a spoon but let him tell you when he has had enough food and is full. Never overfeed just to clean the plate. Your baby may have likes and dislikes that should be respected so that you do not get into “food battles”.

PLAY

At this age, babies enjoy playing games like peek-a-boo, patty cake and bye-bye. They also like to practice finger control by picking up small objects. Introduce you baby to the feel of different textures. **Start reading to your child and showing him picture books.** Put him in a backpack and go on a hike. Bare feet are best for learning to walk. Flexible sole shoes are good for walking outside or for warmth.

SAFETY ---POISON CONTROL 1-800-222-1222

Accidents kill more children in the United States than all diseases put together. **Your house must the childproof now.**

- Lock up all medicines and put all cleaning agents out of reach
- Cover all electrical plugs not in use with socket covers and keep electrical cords out of reach.
- Keep tablecloths out of reach and turn pot handles to the back of the stove.
- Always supervise your baby in the bathtub. Do not leave him alone for a second.
- Put gates on all stairs and keep plants out of reach.
- Never drink hot liquids while holding your baby. Smoke outside the house.

SLEEP

Many babies who have been sleeping through the night may begin to wake up one or more times. This is due to their increasing ability to remember you when you are not with them. Sometimes they just need a few minutes alone to self-settle back to sleep. If this does not work try a pat on the back or holding for a moment. Do not feed anything or this will become a habit that is hard to stop.

**YOUR NEXT CHECKUP IS AT 12 MONTHS MARYLAND FARMS PEDIATRICS 373-3337
DRS. LEE ANN FREEMAN, JENNIFER BONDURANT, AND RAHCAEL GUICE**

THE TWELVE MONTH OLD

DEVELOPMENT (12-15 MONTHS)

Takes first steps, likes to climb and falls frequently, waves bye bye. Uses a cup fairly well and starts using a spoon

Has definite moods and can be negative for no reason

Follows simple commands (They understand more than they can say) Receptive language is ahead of expressive language.

EATING

There is usually a drop in appetite near age one. This is normal and not a reason for worry. Table food is denser than pureed food so less volume is needed for the same calories. Give only nutritious food due to the small amount that is usually eaten.

Do not give candy, chips, soft drinks and rarely give “dessert” foods. Five small meals work better than three large meals.

This is not the time to push for good table manners.... **independent eating is more important.**

1. Let your baby feed himself. When feeding him with a spoon, also give him a spoon to try to use. Put food in his spoon.
2. Use finger foods when possible and make servings small. (Soft cooked veg, beans, fruit, bread, noodles, cheese).
3. **He must sit when eating to prevent choking.** Cut round food like grapes in half.
4. Do not let your baby fill up on milk by sipping on a bottle or nursing all day. This is a good time to discontinue the use of the bottle or nurse only 2-3 times a day, hopefully not at night.
5. An easy way to transition off the bottle....put only formula in the bottle and only whole milk in a cup. As your baby takes more milk from the cup, he will transition off formula and the bottle at the same time. In this way, they don't get “hooked on” whole milk in a bottle. **If he has teeth, always brush his teeth before bedtime. Milk, breast milk and juice on the teeth cause decay during sleep.**

PLAY

At this age, babies are active and on the go all the time. They like to play in water (tub, sink, or the hose) but need supervision in all of these areas. Watch out....they love to put things in the toilet bowl! They like soft, cuddly toys such as dolls and teddy bears. They like to help with work: dusting, washing dishes, picking up and sweeping. Push-pull toys are fun like a wagon to put things in or push toys on a stick. They like to throw and roll balls. This age delights in being outside: finding small rocks to carry or throw, dirt, sand and mud, and “chasing pets”. Take a slow walk in the woods with your child and watch what he can discover. Show him how some tree bark is “smooth” and some is “rough”, some leaves are “round” and some are “pointy”, rocks “splash” in the water, and frogs “jump”. **Down time....READ BOOKS.**

SAFETY

Do not leave your child alone in the house, bathtub or yard. A mobile one year old can get into danger very quickly in garages, near streets, around water, or other kids. Check your kitchen and bathrooms for knives, scissors, cleaners and medicine that your child could reach. Your active, inquisitive but mildly uncoordinated one year old will have frequent bumps and falls. Most are medically insignificant. If swelling develops use a cold compress (if possible). Seek medical advice if your child: is unconscious, has more than two episodes of vomiting, is excessively sleepy or has a change in coordination.

DISCIPLINE

You need to set limits because your child cannot control himself yet. Remember, the word “**discipline**” means **teaching, not “punishment”**. Try removing your child from the scene or remove the object of concern instead of spanking. Verbally and with your actions, show him an alternative but similar activity that he would enjoy.

Be careful not to say “no” all day long. Save it for the important times so he will listen when it counts. Instead of saying “no” to your child, give information to him so he will learn. For example, if your child is standing in a chair where he might fall, instead of yelling, “No, get down”, say, “chairs are for sitting, the floor is for standing”. At the same time, sit him in the chair or stand him on the floor to reinforce your words. Be consistent. The key to discipline is not punishment, but repeating the same information and reward. Smile and praise your child when he does something right. Hitting a child (spanking), just like hitting an adult is never OK. Temper tantrums come from your child trying to have some independence and control and losing both. Some parents find ignoring the tantrum works best. You need to walk away from your child or place him in a room alone for a couple of minutes. Yelling, spanking or throwing a tantrum yourself is not helpful. An occasional temper tantrum (for your child) is a sign of normal development and developing independent thinking.

NEXT CHECK UP IS 15 MONTHS 373-3337 DRS. FREEMAN, BONDURANT, AND GUICE

THE FIFTEEN MONTH OLD

DEVELOPMENT 15-18 MONTHS

Walks....Runs.....Climbs Stacks blocks, puts large puzzle pieces in place
Does not understand sharing or taking turns so it is hard to play with other kids his age, prefers an older child or adult
May hit or even bite another child when he doesn't get his way until he learns to "use his words"
Teach him names for his feelings like mad, sad and happy.
Eats independently with a spoon and maybe a fork Removes some clothing
Says an increasing number of single words and understands your complete sentences.
Tends to be independent, wanting to do things for himself, but:
Is easily frustrated—They know more and want to do more than their physical and verbal skills allow.
Their frustration will lessen as their verbal skills increase.

EATING

At this stage, children are often more interested in playing than eating. They must sit down to eat to prevent choking. They usually eat table food cut into small pieces and in small portions. They may not want to eat a wide variety of food but what they eat should be nutritious. Feed your child foods from each Food Group (Fruit, Vegetables, Grains, Meat and Dairy). Do not introduce chips, soft drinks or candy. Stay away from "fast food restaurants" and processed foods. These lead down the path to obesity.
Discontinue use of a bottle at this time. Your child should be drinking about 16 ounces of whole milk from a cup or milk equivalent such as cheese or yogurt. As an option, you may continue to breast-feed 1-3 times a day during the second year, with some additional whole milk.

PLAY

Children love to be read books. They enjoy hearing their favorite books over and over. Ask questions like "Where is the truck?", "Who is holding the ball?" Give your child cardboard or cloth books to look at by himself. Your local library is a good source of children's books. Play music for your child so he can clap and dance to the rhythm. Fifteen month olds love active games like chase and kicking balls.

TOYS—Start buying "open ended toys". This means a toy can be used in different ways depending on the child's imagination. Wooden blocks (large and small), duplos or other snap together toys, dolls and doll furniture are a few suggestions. Children soon lose interest in "battery toys" that only have one function and require no imagination.

SAFETY

Fifteen month olds are usually fully mobile and at a high rate of speed. They will run into the street, climb fences, and jump off porches. They have little fear and must be watched carefully. They will go through your purse, empty trash cans and get into their siblings' rooms. Childproofing your house is no substitute for constant supervision.

HEALTH CONCERNS

Teeth—Brush his teeth before bedtime to remove the last bit of food or milk, including breast milk. Cavities in this age group develop at night when less saliva is made. Use a tiny bit of toothpaste until your child learns to spit it out.

Toilet Training----Too Young

In the summer they may float around in warm swimming pools. Too early to swim underwater.

Better to use sunscreen and a little insect repellent with less than 10% Deet than have sunburn and multiple insect bites. Wash it all off before bedtime. A few bites are not harmful but they itch for days and are so annoying. Ticks are common in Tennessee. To remove, grasp the tick with your fingers and gently pull until it lets go. Tick borne illness are rare but can happen 2-14 days after a tick bite and symptoms include fever, headache, and occasionally a circular rash at the bite site.

NEXT CHECK UP IS AT 18 MONTHS

DRS. LEE ANN FREEMAN, JENNIFER BONDURANT, AND RACHAEL GUICE

MARYLAND FARMS PEDIATRICS

373-3337

THE EIGHTEEN MONTH OLD

DEVELOPMENT 18-24 MONTHS

Walks.....Runs.....Climbs Able to throw a ball but rarely catches one
Independently feeds himself and lets you know when he has had enough. Never force more food than he wants.
Scribbles with a crayon (everywhere – watch out) Turns pages in a book
Points to body parts when asked Single words are increasing and can understand your complete sentences.
Indicates wants now by pointing or single words. Give him choices when possible...(Do you want the blue or red cup?)
Imitates older kids or parents (cleaning, dancing, dress-up)

EATING

Your child should be eating a well-balanced diet of table food cut into small pieces. They often need nutritious snacks between meals (cheese, fruit, crackers with peanut butter or hummus). Continue to avoid soda, gum, chips, and fast food. Avoid hard foods like peanuts, popcorn or hard candy. **They must SIT to EAT.** Choking on food while walking is a hazard at this age.

PLAY

Music for learning language and for dancing to improve coordination Books, books and more books.
Wooden blocks – large maple blocks come in many shapes for building on the floor
Large cardboard boxes to draw on and then play in Riding toys that they push with their feet
Outdoor playgrounds with swings and small slides. Dress up clothes
Stay away from battery toys whenever possible Minimal to no TV.

SAFETY **Poison Control at Vanderbilt is 1-800-222-1222.**

This is the peak time for poisoning. Also, watch out for family pets since children at this age are not gentle. An 18 month old has little awareness of danger. Watch them closely around cars, bicycles, staircases and older active children. Do not let them run with objects such as pencils, forks, or sticks. Some learn how to climb out of their crib. If they can climb out, time to put them in a regular bed or just a mattress on the floor.

BEHAVIOR

Eighteen month olds are developing a sense of self and independence that you will want to foster. Work on giving them choices to minimize their frustration (Do you want to wear the blue shirt or the red shirt?) Show them respect by letting them know the plan. (We are going to put on your shoes and then go to the park. We are going to play with these blocks and then take a bath). If they throw a tantrum, (and they will sometimes) at least you have shown them respect by telling them the plan. It is easier to explain the plan before the tantrum. Then you can ignore the tantrum. **If a child is treated with respect at an early age, they will grow up with a good sense of self and show others (including parents) respect.**

When a child this age loses control (yells, hits, runs away from you) these parent options are appropriate. Ignore, Restrain, Time out, Pick up your child and leave the situation and Talk in a firm, quiet voice. It is never OK to hit a child. Hitting a child teaches them that you have lost control of the situation, and your child needs to trust that you will always take care of him in any situation.

A bedtime routine of a snack, brushing teeth and reading books or telling stories is important. They will know that the next step is being put in their bed to fall asleep. Some toddlers awaken frequently at night. Reassurance is usually all that is needed. Some children need for a parent to sit next to their bed to fall back asleep. Avoid feeding anything but water in the middle of the night. If you bring them to your bed, they will get used to it and expect to be there every night – it is your choice.

Toilet Training – It is best to wait until 2-2 1/2 years but introduce words for urine and bowel movement at this age.

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