

Dental

Dental health begins at birth

- If bottle-feeding, no bottle in bed. Rock, sing or use other ways to soothe baby to sleep.
- For breastfed babies, it is best to wait until one month of age to use a pacifier.
- If using a pacifier:
 - Do not dip in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth - keep extras on hand.
- Wipe baby's gum gently with a soft, clean washcloth every day.
- Germs that cause cavities can spread from your saliva to baby's mouth. Do not give anything that has been in your mouth to baby.



Stop the spread of cavity germs and take care of your own teeth.

Parents:

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Mom: Eat a variety of health foods and drink enough fluids to satisfy your thirst.
- Aim to breastfeed at least 10-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.

Formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop a bottle.
- Put only breast milk or formula in the bottle.
- Feed newborn baby about 2 ounces of formula every 2-3 hours; watch for baby cues.
- Feed a 1-2 month old baby about 2-3 ounces of formula every 3-4 hours.
- It is okay if baby does not finish every bottle.
- No honey. It can make baby very sick.

Seek help early for any feeding problems.

- Call WIC or your doctor's office, if you have questions about breastfeeding.
- Learn cues for when baby is hungry or full.
 - Hunger cues: baby looks for the nipple (roots), sucks, brings hands to mouth, becomes more active and makes noises.
 - Fullness cues: Sucking slows down, hands relax, turns head away or baby falls asleep.
- Crying is a late sign of hunger. Try to feed before baby starts to cry. A crying baby is hard to feed.

Growing Up Healthy: Birth to 2 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](#); visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.

Women, Infants and Children (WIC):

Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663



Reviewed 01/2017.

Health

Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
 - Loud noises and music to protect hearing.
 - Tobacco smoke and nicotine products.
 - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Never leave baby alone:
 - On a bed or changing table.
 - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt.



What to Expect

Taking care of new baby can give you joy, worry and stress.

Baby may not always grow or act like other babies. Hold, cuddle and play with baby. Get to know what makes your baby special.



Crying:

Crying is one-way baby talks to you. It could mean baby:

- Is hungry
- Has a wet diaper
- Is tired or sick
- Needs to be held
- Is scared

If baby keeps crying:

- Wrap baby in a blanket
- Rock baby
- Sing or play soothing music
- Stroke baby's back gently
- Take baby for a ride in stroller or car
- Call the doctor

Tips and Activities

- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering to prevent sunburns or overheating. Do not apply sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Don't overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

Prepare for Emergencies

- Be prepared; plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months

Dental

Good habits start early

- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier, or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
 - Don't dip it in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
 - Keep extras on hand.
- Do not prop a bottle-it can lead to cavities.
- Wipe baby's gums gently with a soft, clean, wet washcloth every day.
- Germs that cause cavities can be spread from your saliva to baby's mouth. Don't spread cavity germs by sharing anything that has been in your mouth with baby.



Don't put pacifier in your own mouth to "clean."

Parents: Take care of your own teeth.

- ✓ Brush with fluoride toothpaste every morning and night.
- ✓ Floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Moms: Eat healthy foods and drink lots of water.
- Aim to breastfeed 8-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.
- Pump and freeze milk for later use.

If formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not leave baby alone with a bottle.
- Feed baby 3-4 ounces of formula every 3-5 hours – watch for baby cues.
- It's okay if baby doesn't finish every bottle.
- No honey. It can make baby very sick.

Breastmilk or formula is the only food baby needs. Wait until baby is about 6 months old to begin solid foods.



Seek help early for any feeding problems.

- Babies cry for many reasons besides hunger.
- Learn cues for when baby is hungry or full:
 - Hunger cues: baby looks for nipple, brings hands to mouth, more active, or makes noises.
 - Crying is a late sign of hunger.
 - Full: Turns head away, closes mouth, relaxes hand or falls asleep.

Women, Infants, and Children (WIC):
Call 1-888-942-9675
Food Stamps-Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 3 to 4 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](#); visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

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Reviewed 01/2017.

Health

Keeping Baby Healthy

- Always put baby on clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
 - Loud noises and music to protect hearing.
 - Tobacco smoke and nicotine products.
 - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.



Preventing Injury

- Check labels to make sure toys are lead-free.
- Never leave baby alone:
 - On a bed or changing table.
 - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby.
- Remove string from sweatshirt hood.

What to Expect

All babies are different

Babies develop at their own rates. Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Get to know what makes your baby special. Call your doctor if there are any concerns.

Baby may:

- Lift head when on stomach.
- Smile, laugh, coo, and babble.
- Sit with support.
- Play with hands.
- Turn body from side to side.
- Splash in the tub.
- Bring objects to mouth.
- Kick feet while lying on back.



Tips and Activities

- Play games, like peek-a-boo with baby.
- Cuddle, talk, sing, read, play soft music, and play gently with baby.
- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

Safety

Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag) until age 2.

Environmental Safety

- Use clean, safe drinking water for baby formula.
- Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

Dental

Healthy baby teeth are important.

- Wipe baby's gums gently with a soft, clean, wet cloth twice a day. As soon as the first tooth appears, use a washcloth or soft toothbrush with a rice-grain size dab of fluoride toothpaste.
- For teething pain, rub gums gently or give a cold, clean, teething ring.
- Ask doctor or dentist about fluoride varnish and fluoride drops for baby.
- Germs that cause cavities can spread from your saliva to your baby's mouth. Do not share toothbrushes, spoons, or cups.
- If baby uses a pacifier:
 - Do not dip it in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not "clean" it with your own mouth.
 - Keep extras on hand.
- Do not prop a bottle – this can leave formula or breastmilk on the teeth and lead to cavities.



Hold your baby while feeding. Put your baby to sleep without a bottle or breastmilk in the mouth.

Parents: Take care of your own teeth.

- Brush with fluoride toothpaste morning and night
- Floss before bedtime.
- Make dental appointments for yourself.
- Ask about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Aim to breastfeed often - 6 or more times a day.
- Breastmilk is the only food baby needs until about 6 months old.

Keep feeding baby formula with iron to age 1.

- Offer more formula, 4-6 ounces every 3-5 hours, as baby grows.
- Do not give cow's milk until baby is one.

Put only breast milk or formula in the bottle - no juice or soda.

Start solid foods around 6 months.

Baby is ready when he/she:

- Sits up and holds head up
- Opens mouth for food
- Closes lips over spoon
- Shows interest in your food

Feeding tips

- Start with iron-rich foods, like baby cereal or pureed meats.
- Give only one new food every 4-5 days.
- Look for any bad reactions (skin rash, diarrhea, or breathing problems) with new foods.
- Feed baby with a spoon. Do not put food in a bottle.
- Feed 10-15 minute meals, 2-3 times a day.
- Baby is full when looks away or spits food.
- No honey or foods with honey until baby is one year old. It can make baby very sick.
- If baby was born early or family has food allergies, talk to your healthcare provider before starting solids.

Women, Infants and Children (WIC):
Call 1-888-942-9675
Food Stamps – Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 5 to 6 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](#), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](#), visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

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Reviewed 01/2017.

Health



Keeping Baby Healthy

- Always put baby on a clean surface.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers.
- Keep baby away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products
 - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Check labels to make sure toys are lead-free.
- Never leave baby alone:
 - On a bed or changing table
 - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

What to Expect

All babies are different.

Baby may not always grow or act exactly like other babies and may need time to warm up to people and activities. Call your doctor if there are any concerns.

Baby may:

- Reach for objects.
- Sit up with support.
- Bring objects to mouth.
- Roll over.
- Feel and shake objects.
- Squeal, laugh, and smile.

Tips and Activities

- Babies learn more quickly when you spend time with them. Play, talk, sing, and read to baby.
- Give baby colorful soft toys that make soft noises when moved or squeezed.
- Check toys for loose parts that baby may swallow or choke on. Keep small toys out of baby's reach.
- Put baby on a clean blanket on floor to play. Let baby crawl and to build strong legs and arms.
- Protect baby with hat or shade covering. Do not put on sunscreen until baby is 6 months old.
- Give baby attention and love.



Safety

Sleep Safety

- Always place baby to sleep on back, on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Do not overdress baby.
- Use a crib, free of lead-based paint, with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Protect Baby

- Breathing carbon monoxide can cause sudden sickness and death.
 - Never warm up a car in the garage, even with the door open.
 - Never use a generator indoors, in any closed-off space, or near windows or doors.
- Dust may contain lead and other harmful chemicals and allergens. Clean floors and surfaces often and wash your and your baby's hands often.

Prepare for Emergencies

- Be prepared. Plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

Dental

Healthy “baby” teeth are important.

- Ask doctor or dentist about fluoride varnish and drops for baby. Keep fluoride out of child’s reach.
- Clean all sides of baby’s teeth twice a day. Use a child’s soft toothbrush with a tiny rice-grain size dab of fluoride toothpaste. Wipe off any excess.
- Lift baby’s lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.
- Medicines may have sugar or cause dry mouth. Follow with a drink of water or brush teeth.
- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
 - Don’t dip it in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth.

Sharing can spread cavity germs.

Do not share items like:



Toothbrushes

Spoons

Cups

Parents: Stop the spread of cavity germs by taking care of your own teeth.

- Brush with fluoride toothpaste every morning and night, and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Breastfeed often - 6 or more times a day.
- Baby may breastfeed less as solids increase.

Keep feeding baby formula with iron to age 1.

- If formula feeding, baby usually takes 6-8 ounces 3-4 times daily.
- Teach baby to use a cup for breast milk, formula, or water.
- Do not give baby soda, juice, or other sugary drinks.

Give baby healthy foods in 3 small meals and 2-3 small snacks a day.

- Give iron-rich baby cereals and pureed meats, fruits, vegetables, or cooked beans by spoon.
- Give finger foods: small pieces of peeled, soft fruit, toast or unsalted crackers.
- Do not add salt or sugar to foods.
- Stop giving food when baby turns head away and closes mouth.
- Sit baby with family at meal or snack times for 10-15 minutes.
- No honey. It can make baby very sick.

Some foods cause choking. Do not feed baby:

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants and Children (WIC):

Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 7 to 9 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](#); visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

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Reviewed 12/2017.

Health



Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products
 - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Check labels to make sure toys are lead-free.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
 - On a bed or changing table
 - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

What to Expect

Baby learns quickly when you teach by gently showing and not by punishing.

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.



Baby may:

- Eat small pieces of soft food
- Crawl
- Sit alone without support
- Bring objects to mouth
- Turn when name is called
- Move objects from hand to hand

Tips and Activities

- Give toys that move, such as large balls or rolling toys.
- Give baby empty boxes, pots, and pans to play with.
- Take baby for walks outside and use sunscreen.
- Help baby learn to talk by naming things baby sees.
- Let baby crawl on a clean blanket to build strong legs and arms.
- Play games, like peek-a-boo with baby.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Don't overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, window sills, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water temperature before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

- Store insect killers, cleaning products, paint products, or household chemicals in their original packages and keep out of child's reach.
- Do not use insect killers, paint, or other household products near children or pets. If needed, use insect baits/traps/gels instead of sprays/dust.
- Choose safe cleaning products. Stay away from products with ammonia, chlorine, or a skull and cross bone.
- Don't let baby eat or play where there's paint dust, peelings, or chips.

Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months

Dental



Take baby to dentist by age one!

Healthy “baby” teeth are important.

- Brush all sides of baby’s teeth twice a day. Use a child’s toothbrush and a tiny rice-grain size of fluoride toothpaste. Wipe off any excess toothpaste.
- Lift baby’s lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
- Ask doctor or dentist about fluoride varnish and drops for baby. Keep fluoride out of child’s reach.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Don’t put baby to bed with a bottle.
- If baby uses a pacifier:
 - Don’t dip it in anything sweet
 - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth. Don’t spread cavity germs by sharing anything that has been in your mouth with your baby.

Parents: Stop the spread of cavity germs by taking care of your own teeth.

- Brush with fluoride toothpaste every morning and night and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Baby may breastfeed less often.
- Breastfeeding helps baby stay healthy and feel safe.

Keep feeding baby formula with iron to age 1.

- If formula feeding, baby usually takes 4-6 ounces 3-4 times daily.
- By age one; baby only drinks from small cup, except if breastfeeding.
- It’s OK to give baby cow’s milk at age 1.
- Give baby breast milk, formula, or water in a cup with meals.
- Do not give baby juice, soda or other sugary drinks.
- No honey. It can make baby very sick.

Give baby healthy foods in 3 small meals and 2-3 small snacks a day.

- Give pureed, mashed, and soft lumpy foods to help baby learn to chew.
- At each meal, give iron-rich foods, like cooked and finely chopped meats or chicken or mashed tofu or beans.
- Give baby finger foods: small pieces of soft, peeled fruit, toast or unsalted crackers.
- Keep food plain - do not add sugar or salt.
- Meals can be messy. Babies learn to eat by touching their food. Be patient as baby learns.

Some foods cause choking. Do not feed baby:

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants, and Children (WIC):
Call 1-888-942-9675
Food Stamps-Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663

Growing Up Healthy: 10 to 12 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
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Reviewed 12/2017.

Health

Keeping Baby Healthy

- Don't let baby eat paints chips or dirt, or play in bare dirt.
- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry. Wash toys often.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
 - Loud noises and music to protect hearing
 - Tobacco smoke and nicotine products
 - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Check labels to make sure toys are lead-free.
- If biking, make sure baby is properly buckled in and wearing a helmet.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
 - On a bed or changing table
 - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

What to Expect

Baby learns quickly when you teach by gently showing and not by punishing.

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.

Baby may:

- Get into a sitting position.
- Poke with fingers
- Bang together two objects
- Stand when holding onto couch
- Copy speech and sounds
- Say "ma-ma" and "da-da"

Tips and Activities

- Give toys that move, such as large balls or rolling toys.
- Give baby empty boxes, pots, and pans to play with.
- Take baby for walks outside and use sunscreen.
- Help baby learn to talk by naming things baby sees.
- Let baby crawl on clean blanket to build strong legs and arms.
- Play games, like peek-a-boo with baby.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.



Safety

Sleep Safety

- Set mattress at lowest level.
- Always place baby on back to sleep on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Don't overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath, pool, or near water or toilet.
- Put a fence with a self-latching gate around a pool or spa.

Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat until age two and at least 40 pounds or 40 inches tall. Never put baby in front of an airbag.

Environmental Safety

- Have baby tested for lead poisoning at 12 months and 24 months.
- Do not let young children eat fish that contain high levels of mercury, like king mackerel, shark, swordfish, and tilefish.
- Remove any chemicals from fruits/vegetables by peeling or washing them in cold water.

Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months.