

Welcome to Group Care!



Healthy Active Living at Home

- Breast milk or iron-fortified formula is all your baby needs to eat in the first four to six months of life
- Breastfeeding protects against a variety of diseases and conditions. Breastfeeding families are sick less often. The parents miss less work
- Wait to feed your baby solid foods and water until he is about 6 months of age
- Watch your baby for signs of hunger
 - Putting a hand to the mouth
 - Sucking, rooting, and fussing
- Feed your baby when he is hungry
- Infants should finish their bedtime and nap-time bottles before going to bed
- Watch for signs that your baby is full
 - Turning away
 - Closing the mouth
 - Relaxed arms and hands
- End each feeding when your baby shows signs of being full
- Don't put your baby to bed with a bottle
- When your baby is awake, make sure he spends time on his tummy. Playing with your baby on his tummy two to three times each day helps him learn to slide and crawl. As babies grow older and stronger, they need more time on their tummies to build their strength. You can start with short periods of time (three to five minutes) and gradually increase it as he shows he enjoys the activity
 - Tip: Place toys in a circle around your baby. Reaching to different points in the circle will allow him to develop muscles to roll over, scoot on his belly, and crawl



Questions to Ask Your Baby's Pediatrician

"How often should I be feeding my baby?"

"How can I make sure my baby has a safe sleeping environment?"

"Do you have information about programs like WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) that can help me get food/formula?"