

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
- Signs that your baby may be ready to start eating baby foods include
 - Opens mouth for the spoon
 - Is able to sit up with support
 - Has good head and neck control
 - Seems interested in foods you eat
- Feed your baby when he is hungry. Do not assume your baby is hungry every time he cries; he may just need comfort
- Avoid feeding your baby too much. Watch for signs of fullness. Signs include leaning back and turning away from the breast, bottle, or spoon
- Don't put your baby to bed with a bottle
- Encourage more active play as your baby learns to roll and scoot
 - Offer baby-safe mirrors, floor gyms, and colorful toys to hold
 - Let your baby spend plenty of time on his tummy when he is awake and can be watched
 - Once he can sit, play peekaboo. This helps him build his muscles to be able to sit longer
 - Play music. Encourage your baby to scoot and move to the music with you
- Babies love floor time. They love to roll, reach, and crawl. Do not leave your infant in an infant seat, crib, or playpen for more than 15 minutes unless he is sleeping or traveling



Questions to Ask Your Baby's Pediatrician

"Is my baby ready to start solid foods?" "What should I start with?" "How much and how often?"

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

"How do I know if my baby is developing normally?"