



Information for You from Your Health Care Team

Developmental Milestones/Activities/Issues Infancy (0-6 Months)

Milestones:

- Sees your face
- Smiles
- Supports head
- Turns to look at sounds and movements
- Grasps and tracks objects
- Plays with hands
- Rolls from stomach to back (4 mos.) both ways by 6 months

Nutrition for your baby:

- **Breastfed babies** - Breast milk is a complete diet for your baby at this age. Your baby will probably nurse every 2-4 hours throughout the day and night, less in the night as it gets older.
- **Formula fed babies** - Your baby should be taking formula with iron. Feedings are usually every 3-4 hours. Your baby may go longer without feeding during the night.
- **Solid foods** - Your doctor or nurse may tell you to begin solid foods when your baby is between four and six months. Start with 2-3 teaspoons of iron fortified rice cereal mixed with a small amount of breastmilk or formula.

Activities:

- Talk and sing to your infant
- Provide soft musical toys, rattles, and mobiles
- Provide bright colored objects
- Rock or walk with your infant to calm him/her

Issues Related to Hospitalization:

- Bonding with your baby is important for your baby's development at this age. Poor bonding can be an issue during the time your baby is hospitalized. Take part in your baby's care as much as you are able, for example, touch, stroke, hold, and feed your baby.
- Your baby's feeding patterns may change due to being hospitalized.