

GATOR TEAM Baby Packet



Information concerning infants 3 – 6 months of age:

• Formula Feeding.....	1
• Improper Bottle Feeding.....	2
• Daily Food Requirements.....	3
• Motor Skills For Feeding	4
• Food Advancement.....	6
• Managing reflux (spit-up).....	9
• Water regime.....	10
• Diarrhea.....	11
• Colic.....	12
• Vomiting.....	13
• General Food Safety Tips.....	14
• Diaper Rash.....	15
• Dental Care.....	16
• Bath Time.....	17
• Putting Your Baby to Bed.....	18
• Newborn Equipment and Supplies.....	19
• Cost of Infant Items at Wal-Mart	20



Formula Feeding

Important tips on using formula:

- Pay close attention to instructions when making the formula.
- You do not want to over or under-dilute the formula.
 - Over-dilution can lead to a malnourished baby.
 - Under-dilution can lead to obesity, dehydration, brain and kidney damage, and toxicity of certain vitamins.
- Throw out any unused portion of the formula left in the bottle. Infant formula goes bad quickly, and can get contaminated by being in the bottle and mixing with your baby's saliva.

Other feeding tips:

- Do not prop the bottle in your baby's mouth. Your baby may fall asleep, which could lead to the development of rotting teeth by having the teeth exposed to milk while sleeping. Use this time to hold and bond with your infant.
- If using a straight bottle, hold it at an angle to avoid air bubbles. Air bubbles will cause great discomfort and lead to the need to burp more.
- Stop to burp your infant if (s)he indicates the need to do so by fussing or crying while eating. After the burp, offer the bottle again to make sure your infant is no longer hungry. After the air is released, there is often room for a bit more formula. If your infant indicates that they are full, then do not force additional formula.
- Be prepared to feed often (every 2 hours or less) in the beginning to satisfy your baby's hunger. There is a tremendous amount of energy used in growing at this age.

Information adapted from:

Endres Jeanete. Food, Nutrition, and the Young Child. 2nd Ed. Times Mirror/Mosby College Pub. St. Louis, MO 1985.

Caneon Margret & Yngue Hofuander. Manual on Feeding Infants and Young Children. 3rd Ed. Oxford Univ. Press NY 1983.

Parents Place <http://www.parentsplace.com>

G:\W97\Assist\Gator Club Team\Patient Education\Baby Books\3 to 6 months.docPrinted 07/20/04



Improper Bottle Feeding

It is not good to feed cereal or purees through the bottle because:

1. The larger hole allows too much food to go into your baby's mouth, so in essence it is force-feeding. Force-feeding means you are giving your baby more food than (s)he wants to eat. This could lead to aggravation and even a negative association to meal times. There is also an increased risk of choking and the food could also be forced into your baby's lungs and cause severe problems.
2. It will deprive your child of the opportunity to learn how to properly eat solids (chewing and swallowing). Slurping food does not allow your baby to develop the muscles required for biting, chewing, and swallowing. If your infant cannot eat solids with a spoon, then it is not time to be giving solids.
3. It can lead to eating in order to satisfy thirst.
4. Extra energy provided by foods can lead to excessive weight gain.
5. Putting cereal in the bottle does not help babies sleep through the night. This is an old wives tale thought up ages ago. In reality, it does not work. A feeding of formula before bed is really all that is needed to fill your baby's tummy.
6. It can negatively affect the digestive system, which is still developing at this stage and is not capable of fully digesting foods at this time. By feeding foods now, you are increasing the risk of allergies being formed to more foods than necessary.



Information adapted from:

Endres Jeanete. Food, Nutrition, and the Young Child. 2nd Ed. Times Mirror/Mosby College Pub. St. Louis, MO 1985.

Caneon Margret & Yngue Hofuander. Manual on Feeding Infants and Young Children. 3rd Ed. Oxford Univ. Press NY 1983.

Parents Place <http://www.parentsplace.com>

G:\W97\Assist\Gator Club Team\Patient Education\Baby Books\3 to 6 months.docPrinted 07/20/04

Daily Food Requirements

<u>Baby's Weight</u>	<u>Formula Needed</u> <u>Each day</u>	<u>Feedings</u>
7-9 pounds	12-24 fluid ounces	3-4 oz. every 2 to 4 hours
9-13 pounds	24-35 fluid ounces	4-6 oz. every 3 to 4 hours
13-16 pounds	35-42 fluid ounces	6-8 oz. every 4 to 5 hours

Average Estimated Daily requirements for 0-6 months

<i>Boys – 570 Calories</i>	<i>Girls – 520 Calories</i>
----------------------------	-----------------------------

A 13-pound baby requires at least 320 Calories per day.

A 20-pound baby requires at least 500 Calories per day.

Four ounces of formula contains approximately 65 calories. Figure out how many ounces of formula you normally feed your baby, multiply it by 65, and subtract from the total number your baby needs. The remaining number should be made up in foods if your infant is older than 4 months of age. However, this number is only an approximation. Babies have different activity levels as well as different rates of metabolism. If your baby is hungry, odds are (s)he needs to eat.

Water, juice, and other foods are usually unnecessary during a baby's first 6 months. Breast milk or formula usually provides everything babies need nutritionally until they start eating solid foods. (Kidshealth.org)

Motor Skills For Feeding Age 4-6 Months

1. Changes from a suckling pattern to a mature suck with liquids (tongue moves back and forth as opposed to earlier up and down motions). Spoon-feeding is easier because the infant can draw in the lower lip as the spoon is removed.
2. Sucking strength increases.
3. Munching pattern begins.
4. Can grasp things using palm by 20 weeks of age.
5. Grasps, brings objects to mouth, and bites on them by 24 weeks of age.



Information adapted from:

Endres Jeanete. Food, Nutrition, and the Young Child. 2nd Ed. Times Mirror/Mosby College Pub. St. Louis, MO 1985
Caneon Margret & Yngue Hofuander. Manual on Feeding Infants and Young Children. 3rd Ed. Oxford Univ. Press NY 1983
Parents Place <http://www.parentsplace.com>

G:\W97\Assist\Gator Club Team\Patient Education\Baby Books\3 to 6 months.doc

Printed 07/20/04

Motor Skills For Feeding Summary

AGE 1-3 MONTHS

1. Head control is poor at one month of age.
2. Secures milk with a suckling pattern, the tongue projecting during a swallow.
3. By the end of the third month, head control is developed.



AGE 4-6 MONTHS

1. Changes from a suckling pattern to a mature suck with liquids (tongue moves back and forth as opposed to earlier up and down motions.)
2. Sucking strength increases.
3. Munching pattern begins.
4. Can grasp things using palm.
5. Grasps, brings objects to mouth, and bites on them.

AGE 7-9 MONTHS

1. Munching movements begin when solid foods are eaten.
2. Rotary chewing begins.
3. Has power of voluntary releasing and grasping.
4. Sits alone.
5. Holds bottle alone.
6. Develops inferior pincher grasp.

AGE 10-12 MONTHS

1. Bites nipples, spoons, and crunchy foods.
2. Grasps bottle and foods and brings them to the mouth.
3. Can drink from a cup that is held.
4. Tongue is used to lick food morsels off the lower lip.
5. Finger feeds with a refined pincher grasp.

Food Advancement

AFTER 4 MONTHS OF AGE



1. Start slowly. Only one or two spoonfuls are needed in the beginning.
2. Introduce one food at a time. Start with rice cereal, then, slowly move on to other cereals.
3. The cereals should be very liquidly at this time.
4. Formula should still be the main part of the diet.
5. Be sure to hold your baby while feeding to reassure that it is a safe and good experience.
6. Feeding times should be several times a day at approximately the same time.

- | | |
|------------------------------|--|
| ❖ 4-5 Feedings Formula | 6-7 oz each
Total of 27-39 oz/day |
| ❖ 2-3 Feedings Infant Cereal | 2-3 Tbsp each
Total of 4-8 Tbsp/day |

****Do NOT put cereal in the baby's bottle!**

- ❖ Water if desired, 4 oz servings



Food Advancement

AROUND 6-7 MONTHS OF AGE

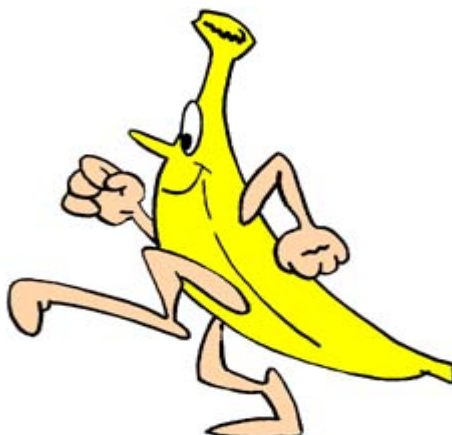
1. Introduce one pureed fruit or vegetable at a time, vegetable introduce first, it may increase vegetable acceptance then, slowly move on to other foods.
2. Each food introduced should be given alone for at least 3 days before introduction of a new food. Given only one food (peaches, not peach cobbler) helps to identify any allergic responses or food intolerances.
3. The purees and cereals should be very liquid at this time.
4. Foods should be on the mild side.

❖ 4-5 Feedings Formula 6-7 oz each
Total of 27-39 oz/day

❖ 2-3 Feedings Infant Cereal 2-3 Tbsp each
Total of 4-8 Tbsp/day

****Do NOT put cereal in the baby's bottle!**

- ❖ Water if desired, 4 oz servings
- ❖ 1-2 Tbsp plain strained/pureed fruit
- ❖ 5-7 Tbsp plain strained/pureed vegetable





Feeding Solids

(At approximately 6 months of age)

- Solids should be introduced after the age of 6 months. Your baby's digestive track is not mature enough during these first few months of life. By giving solids too soon, you increase the risk of food allergies and digestive problems.
- Use a high chair and have him/her sit up straight and face you to allow for better swallowing. The muscles required for swallowing are still developing and are not yet mastered. By feeding in this manner you make it easier for your baby to swallow and not accidentally choke on the food.
- Hold the spoon about 12 inches in front of your baby's face and wait until the food is noticed and mouth is opened before attempting to feed. You want your baby to start noticing what food is and what is supposed to be done with it. You are accomplishing this by letting him/her see the food and then eat it.
- Feed as slowly or as fast as (s)he wants to eat. Rushing will only cause anxiety for both of you. You want your baby to think of mealtime as a good time and a time to satisfy his/her needs. By forcing your baby to eat quickly, you are implying that this is a time to rush or that it is not important enough to take the time to do it slowly. Either way, your baby will not be happy if not allowed to set the pace.
- Let your child touch the food (even if it means getting messy) so s(he) can get used to the whole food concept. Food is foreign at first and should be introduced as a good thing.
- Talk and interact during the feeding process, but do so in a relaxing, non-exciting way. You don't want to distract your baby's attention away from the food, but you do want to give your baby attention.
- Let your baby eat as much or as little as (s)he wants. Don't try to force-feed or else your baby may start to think of mealtime as an unpleasant event where (s)he has no control.
- Stop feeding as soon as your baby shows you that (s)he is done. Your baby knows his/her own fullness cues better than you do, so go with what your baby is telling you

Managing Reflux (spit up)

Reflux or regurgitation is the spitting up of one or two mouthfuls of stomach contents. This problem usually starts to occur during the first week of life and gradually subsides around 7 months of age.

Home Care Prevention:

- Feed smaller amounts at meals because a stomach filled to capacity is more likely to cause spitting up.
- Wait at least 2 1/2 hours between feedings to allow your baby's stomach to empty (but don't wait until your baby is starving before feeding again). If you wait until starving, then your baby will overeat, causing an excessively full tummy and a greater chance at spitting up.
- Avoid pressure on the abdomen by not using tight diapers. Pressure on the stomach will cause it to feel even fuller than it is and lead to food exiting when you don't want it to.
- Avoid vigorous play and hugging right after meals. Vigorous play can cause a baby's tummy to go all topsy-turvy, leading it to release food out the wrong end.
- Burp your baby 2-3 times during each feeding when your baby removes the bottle from his/her mouth by moving their head away. Do not interrupt your baby's feeding rhythm in order to burp. Your baby will give cues that a burp is necessary.

After feeding, keep your baby in an upright position for at least 30 minutes so gravity can help keep things down.





Water Regime



Supplying your toddler with an adequate amount of water is important to prevent dehydration.

Water requirements of infants

Age 3 months weight	approx. amount of water per day (fluid ounces)	age 6 months weight	approx. amount of water per day (fluid ounces)
8 pounds	18	10 pounds	22
10 pounds	23	15 pounds	34
12 pounds	28	20 pounds	44
14 pounds	32	25 pounds	54

- Well prepared formulas should supply adequate amount of water. Be sure to see how much water evaporates when you're heating the formula.
- In a hot and humid environment, additional water may be required.
- To avoid dehydration carefully monitor:
 - volume of intake
 - weight gain
 - hydration status (number of wet diapers)



Diarrhea

Your baby has diarrhea when they have frequent runny, watery stools. This could last from several days to a week, regardless of treatment. Your job is to prevent dehydration by providing enough oral fluids.

To manage diarrhea:

- Stop milk feedings and solids. Keep your baby hydrated with an electrolyte formula such as Pedialyte.
- Call physician.
- Switch back to formula after giving the electrolyte drink for 6 to 24 hours or when your baby is hungry.



Colic

Your baby may be suffering from colic if:

1. He/she periodically cries vigorously while drawing up the legs and passes a large amount of gas.
2. These episodes are occurring often and lasting many hours.

To relieve your baby of pain, you may want to try one or more of the following suggestions:

- Check with your physician or dietitian to make sure you are making the formula correctly or if you may need to change it. The protein in cow's milk may cause colic, so the doctor may suggest switching to a soy-based formula. Food allergies in infants are often short-lived so don't worry that your baby is in for a lifetime of food problems.
- Avoid overfeeding because a stuffed stomach can add to the discomfort of your baby.
- Try putting a warm water bottle on your baby's stomach.
- Do not use herbal drinks unless they are verified as sugar-free and considered safe by your physician.
- Try gentle movement, like rhythmic walking or rocking, or taking your baby for a car ride. This soothing motion will help calm your baby and ease any discomfort.
- Gently bicycle baby's legs.



Vomiting

Can be caused by: illness, eating toxic substances, or emotional stress

It is very important to prevent dehydration after vomiting. Frequently give your child an ORS (oral re-hydration solution such as Pedialyte) in small amounts. When your child is able to keep the drink down, slowly increase the amount of ORS you give.

Call your doctor if your child is vomiting and...

- has a temperature above 101.4°.
- has signs of dehydration (dry mouth, sunken eyes, increased thirst, lack of tears when crying, irritability, and reduced urine.)
- has blood or green slime in the vomit.
- is bloated.
- hasn't urinated in 8 hours.
- may have swallowed something that could be a poison.
- has a stiff neck.
- is restless or unusually sleepy.
- has had abdominal pain for over 2 hours.



Information adapted from Guide to Your Child's Symptoms, American Academy of Pediatrics. Donald Schiff & Steven Shelov, 1997, pg162-63.

Virtual Hospital: Iowa Health Book: Vomiting and Diarrhea in Children, found at

www.vh.org/Patients/IHB/FamilyPractice/AFP/April1995/VOMDirea.html

G:\W97\Assist\Gator Club Team\Patient Education\Baby Books\3 to 6 months.docPrinted 09/13/01

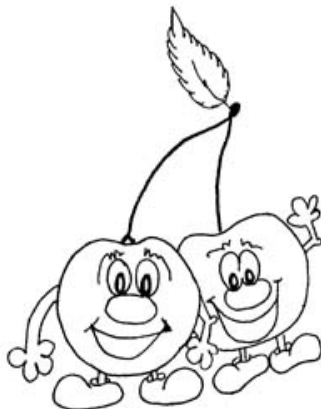
General Food Safety

The risk of food poisoning is greatest in:

- un-pasteurized milk and cheeses
- raw and undercooked poultry, meat, fish, and eggs
- foods purchased past their expiration date
- leftovers left out of the refrigerator for more than 2 hours

To protect yourself and your child:

- thoroughly cook all meat, poultry, seafood, and eggs.
- after you've handled or cut raw meat, poultry, or seafood, wash your hands, the cutting board, counter, knives, and any other utensils you've used with hot soapy water before you use them again to prepare other food.
- reheat all leftovers until they are steaming hot.
- thoroughly wash raw fruits and vegetables with water.
- follow label instructions on products that must be refrigerated or that have a "use by" date.
- when eating out, order meats 'well-done', fried eggs cooked on both sides, and do not eat runny scrambled eggs, Caesar salad, and raw seafood.



Diaper Rash

Symptoms:

- Redness or bumps on skin surfaces.
- Usually found on lower abdomen, buttocks, genitals, and folds of thighs.

Causes:

- Wet or soiled diapers on the skin too long.
- Skin not kept clean and dry.
- Antibiotics: your baby may be having a reaction to the medication.

Remedies:

- Apply lotion or ointment suggested by your health care provider.
- Change dirty diapers as soon as possible.
- Call doctor if there is no improvement in 2-3 days.

Prevention:

- Change diaper as soon as possible after bowel movements or urination to limit skin exposure to moisture.
- Clean diaper area with plain water and a soft cloth after movements. Clean, dry skin is less likely to be irritated.
- If using diapers with plastic, make sure they are loose enough for air circulation.





Dental Health



Your child now has teeth (or even just a tooth)!

Your biggest priority is to avoid cavities.



Cavities occur when frequent sugars and mouth bacteria (plaque) combine to increase acid which causes the teeth to lose minerals.

To lower your child's risk for cavities:

- Start brushing as soon as there is a tooth to be brushed.
- Brush often! At least twice a day or after every meal and before bed.
- Use fluoride toothpaste and a soft toothbrush.
- Limit sweets by offering raw veggies or fruits as snacks.
- Do not put baby to sleep with a bottle or any other food in his/her mouth.



Bath Time

Best places to bathe your baby:

1. A portable bath (hard plastic is the safest with an angle so the head cannot go underwater)
2. The kitchen sink if big enough
3. The bathtub when older

The How To's:

- Start with sponge baths until your baby is about 6 weeks old. A very young baby is more apt to become chilled or have a reaction to the soap due to very sensitive skin.
- Use warm (not hot) water, a soft cloth, mild soap and shampoo (no tears version) in a warm room.
- Be prepared for a wet, slippery baby. Always keep one hand on the baby at all times!
- Collect all your towels, soap, and other bath items before beginning the bath. This will allow you not to have to turn away from your infant in the bathroom.
- Shampoo your baby's hair about once a week unless it is really needed more often. Put a washcloth over your baby's eyes to prevent water from dripping in them and causing irritation.
- When done, bundle your baby in a clean, soft towel, and gently pat dry. You do not want to rub your baby's skin because it is sensitive and rubbing could cause pain.
- Never leave your baby alone in the water because baby heads sink and they lack the neck muscles to keep their heads up. Try keeping a cordless phone nearby.



Putting Your Baby to Bed

- Put your infant to bed drowsy but awake. This may not be able to be done all the time, but the purpose is to get your infant used to being away from you for the night.
- Taper then discontinue night feedings after about 6 months of age. Late night feedings are not necessary and will make it more difficult to separate for the night.
- At around 6 months of age, introduce objects like a special blanket or teddy bear to help him/her adjust to separation for bed. This will help comfort your baby if (s)he happens to wake up during the night.
- Have both regular morning and nighttime routines to help your child establish circadian (bodily) rhythms and provide familiarity with events of the day.
- Establish and maintain a relaxing and consistent bedtime routine. Babies like familiarity and this routine will prepare your baby for separation for the night.
- Provide sufficient quiet and darkness (but don't hesitate to use a nightlight if it is too dark).
- Expect your infant to sleep around 16 ½ hours per day at 1 week of age and 14 hours per day at 1 year of age.
- Do not ever put your baby to bed with a bottle in his/her mouth. This can lead to baby bottle tooth decay as well as overeating.



Newborn Equipment and Supplies

The Essentials:

- Safety car seat- holding your baby while driving is dangerous and provides no protection during an accident.
- Crib- you want a safe one to prevent injury. Look for the space between the bars to be small enough so body parts cannot get stuck.
- Bathtub- a small plastic one will prevent injury that could be caused by bathing in the sink (no hard edges or risk of burning).
- Bottles and nipples- you will need at least 10 (8 oz) bottles that are made of hard, clear plastic. If you are using disposable liners, then you only need 5 bottles.
- Diapers and baby wipes- obvious reasons.
- Nasal suction bulb- essential for helping young babies with breathing difficulties caused by sticky or dried nasal secretions. Ones with a blunt tip are more effective.
- Thermometer- good for when your baby gets sick.
- Diaper and bottle bag- it is much easier to cart around bottles and diapers in one of these bags.
- High chair- provides stability and a place for baby to eat.
- Training cup- learning how to drink takes practice and your child will want to hold the cup alone.
- Bib- protects cloths from spillage.
- Safety gadgets, such as outlet covers- keep curious hands out of potentially dangerous situations.

Helpful Equipment:

- Changing table- diapers need to be changed around 15 times per day. Having a table will prevent back strain as well as giving you a place to put things like diapers or ointment.
- Front carrier or sling (for babies up to 5-6 months of age)- allows for freedom of your hands to do other things.
- Backpack (for babies older than 5 months)- good for shopping trips or walking.
- Stroller- another good way of transporting your baby.
- Playpen- a safe place to put your baby when you need uninterrupted time, like to cook or do a wash.
- Gates- keep baby from falling down stairs or out of a specific room.
- Humidifier- prevents dry air in the winter.
- Food grinder or food processor- for making baby foods.
- Teethers- while teething, babies often like to chew on something.

****Walkers are dangerous and can cause physical injury to your infant so please think twice before buying one!**

Cost of Infant Items at Wal-Mart:

<i>Parent's Choice Disposable Bottle Liners (8)</i>	\$3.97
<i>Parent's Choice 9oz. Reusable Bottle (1)</i>	\$0.96
<i>Parent's Choice Silicone Bottle Nipples (6)</i>	\$2.76
<i>Gerber Non-silicone Bottle Nipples (6)</i>	\$3.96
<i>Huggies Diapers (48)</i>	\$9.44
<i>Huggies Baby Wipes (80)</i>	\$2.57
<i>Pampers Pocket Bibsters (32)</i>	\$5.27
<i>Baby connection Diaper/Bottle Bag</i>	\$9.84
<i>Touriva ® Convertible car seat (5-35 lb)</i>	\$54.84
<i>Acella® Stroller</i>	\$49.77
<i>Nasal Aspirator</i>	\$1.46
<i>Thermometer digital</i>	\$3.92
<i>Winnie the Pooh Pacifier (2)</i>	\$2.76
<i>Cosco 2 in 1 Convertible Sleigh Crib</i>	\$109.73
<i>Crib Mattress Seally</i>	\$59.96
<i>Infantino Baby Rider</i>	\$13.84
<i>Safety 1st 4-in-1 Bath Station</i>	\$19.96
<i>Soft rubber ducky</i>	\$1.88
<i>Johnson and Johnson First Aid Kit for New Parents</i>	\$29.97
<i>Pedialyte (orange/grape) 1 liter solution</i>	\$5.24
<i>Parent's Choice Hot Safety Spoons (2)</i>	\$3.88
<i>Evenflo Position and Lock</i>	\$10.44
<i>Fisher-Price Take-Along Swing</i>	\$49.22
<i>Cosco Chair HighChair</i>	\$24.88
<i>Safety Infant Outlet Covers(24)</i>	\$1.46
<i>Safety 1st 3-Level Booster Seat</i>	\$14.96
<i>Pooh Soft Bristle Toothbrush (2)</i>	\$3.99
<i>The 1st Years Teether</i>	\$1.46
<i>Baby Connection Receiving Blankets fleece (2)</i>	\$7.88
<i>Safety 1st Crystal Clear Nursery Monitor</i>	\$16.96
<i>Safety 1st Potty`N Step Stool</i>	\$14.97



Disclaimer: We do not endorse any specific brands or stores mentioned, but only offer them as a shopping guide.