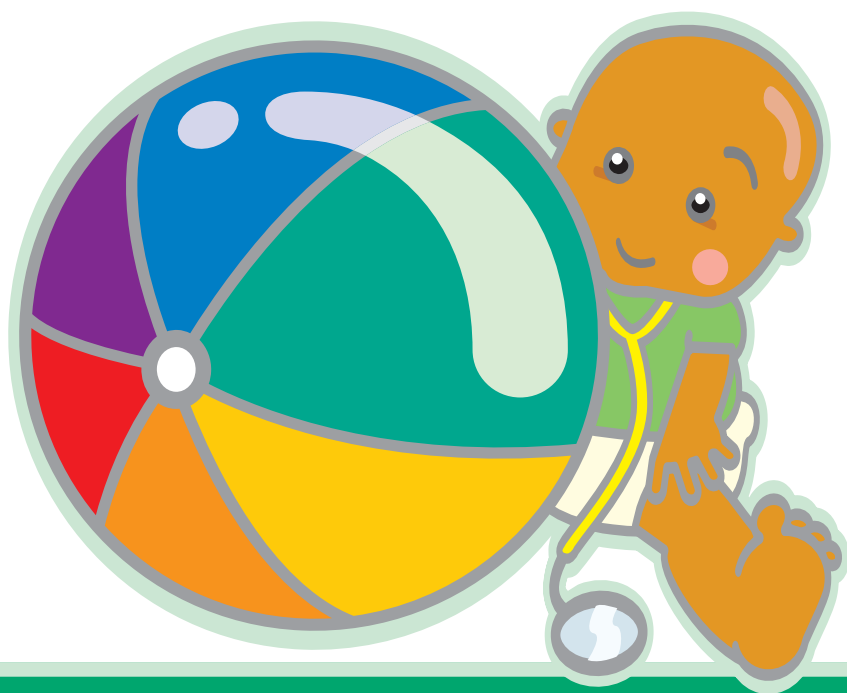


Baby

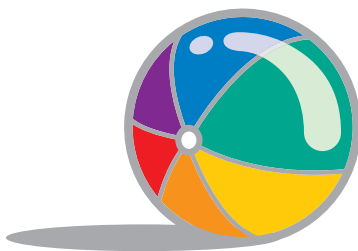
HEALTH builders



Tummy Time

Your baby needs to spend time on her stomach so that her back, shoulders, arms and hands become strong. Make sure your baby gets some “tummy time” each day, when you can watch her. Place a bright toy nearby so she can practice reaching for it. Make sure that when she is practicing movements, her head is always positioned so that she can breathe. This time on her tummy will help your baby learn balance and head control.

During this year, your baby will learn to roll, first from her back to her side, then from her tummy to her side, and finally from her tummy to her back and back to tummy. At each phase, give your baby many chances to practice rolling. Watch her when she is on her back and shows signs of reaching to the side. Hold a bright toy for your baby to reach toward, and support her head and body as she learns the movement of rolling to her side. When your baby has learned to roll from her back to her side, help her practice rolling from her tummy to her side, and eventually all the way over to her back.



Let's Go Shopping

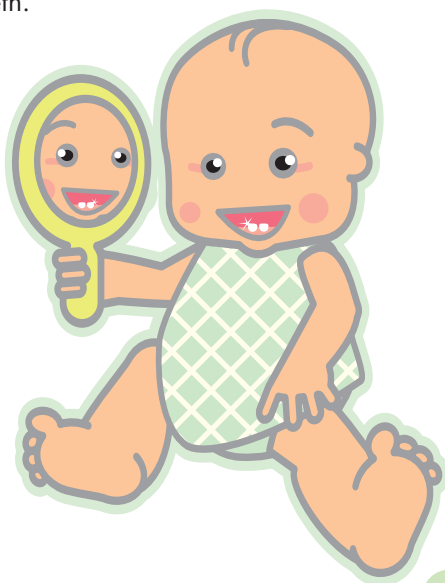
One day when you have enough time to shop slowly, take your baby with you on a trip to the grocery store. Go down the aisles that have foods that your baby can eat (for example, baby food, cereal, or fruits and vegetables that you can mash). Show him the food and talk to him about it. See if there is any food that he reaches for that is healthy. After you get home, let him touch the food to see what it feels like. When you cook or prepare the food, let him watch you. Talk to him about why it is important to eat healthy foods – for his body to grow, for his teeth to be strong, for him to have energy, and to keep from getting sick. Your baby will grab at foods or objects, so be careful he can't reach something hot that could burn him!

A Healthy Mouth

Even before your baby has a tooth, it is important to clean her gums. You can make it a fun experience for your baby by using a gentle touch and singing or counting while you wipe her gums. Use a clean soft cloth and warm water. Stroke your baby's gums with the warm, wet cloth and talk to her while you are doing it. For example:

**I'm going to wipe your gums
three times on each side,
up and down. Here we go!
One, two, three.**

If your baby has teeth, make this a counting game. If she is interested, hold her up to a mirror and talk with her about her teeth.



Let's Exercise

It is important to make family exercise a part of every day. Even your baby can learn to expect his daily routine to include exercising together. At first, you can take him out in a carrier or stroller, and as he grows, your baby can share in the fun, moving about himself. Your daily exercise does not have to be strenuous; it just has to include your baby! Some early ideas for family exercise are:

- Going for a short walk around the block
- Dancing to music in the house
- Climbing Stairs

Fifteen minutes is plenty... and be sure to have fun!



Bed without Bottle

It can be hard to get your baby to sleep sometimes. You might find that he falls asleep easier with a bottle to hold in bed. Unfortunately, this is very unhealthy.

When your baby falls asleep with a bottle, he will often have some liquid that stays in his mouth. This liquid settles around the gums (and eventually teeth) and causes them to rot. There is no way to correct this rotting once it happens, and he could end up needing a tooth pulled.

If you are having trouble getting your baby to fall asleep without a bottle, here are some tips that may help:

- Fill the bottle with water instead of milk or juice
- Try to time feedings for 30-60 minutes before bedtime. Babies who fall asleep on a full stomach sometimes do not sleep as well
- Help your baby learn to soothe himself by putting him to bed drowsy but awake. Try to recognize early cues that your baby is ready for bed. For some babies, fussing and rubbing their eyes are late cues that they are overtired and will have trouble settling down
- When your baby needs care or feeding during the night, avoid bright lights and use a soft, boring voice to let your baby know it is nighttime – not playtime

My Sleep Song

Creating a routine that you do with your baby every time you put her to sleep will help her transition into her nap or bedtime. Pick a book, song or rhyme that you say or sing to your baby every time you put her down for nap or bed. If you have more than one child, you can pick a different book, song or rhyme for each child as his or her special “sleep helper.”





Rainbow Dinner

Make your baby's dinner as colorful as possible and offer foods with different textures. Baby foods come in many different flavors, colors, and textures, and if you try different ones, you can be guaranteed that he is getting many different vitamins and minerals. You can also use a food grinder to puree food that you cook and that is safe for babies to eat. Making meals colorful is an easy way to make sure that your baby is getting what she needs!



I Can Eat It!

As soon as your baby is able to sit up by himself, he is able to begin feeding himself. Let him hold a spoon and give him a small bowl of food. He will enjoy putting his fingers (and eventually his spoon) into the bowl and feeding himself. As he gets older, you can start giving him small pieces of soft foods to pick up and eat. You should continue to feed him while he is learning so that he is getting enough food, but make sure you give him the opportunity to learn for himself. He will have a better attitude about food, and try more things, if he has some control. Be prepared for a mess while he is learning! A towel or newspaper under the high chair can soak up spills.



I Can Drink It!

During the last part of her first year, your baby can also learn to drink from a cup. Let her experiment with different cups (such as small disposable paper cups, child's plastic cups with handles, cups with pour spouts, or a sports bottle with a pop-up opening). Teach her to put the cup to her mouth and drink the liquid. You might want to start with water, since it is easy to clean when it spills!



Ready to Go

Your baby will love spending time outside whenever the weather permits. Even when he is very young, he will recognize that he is outside and enjoy the fresh air. He will get to see and hear new things. If your baby is under six months old, sunscreen is not recommended. Enjoy the outdoors together, but keep your baby covered and out of the direct sunlight.

As he gets older, he will enjoy sitting in the grass or sand and experiencing the way it feels. Try and spend some time together outside each week! Your baby's skin is delicate, and he needs sunscreen to protect him from the harmful rays of the sun. Even if it is cloudy, your baby's skin can get sun damage, so either cover his arms, legs and face with clothes and a hat, or put on sunscreen that's made for your baby's sensitive skin whenever you go out. If it's hot outside, take along something for your baby to drink to keep him from becoming dehydrated. If it's cold, make sure you have warm clothing, a blanket and a hat to keep his head warm.

Notes