

# 2 second visit...

## Food for Thought

Any feeding concerns?

Are you putting anything in your baby's bottle besides breast milk or formula?

When awake, does your baby spend time on his/her belly?

## Feeding Advice

- As your baby gets older and bigger, he or she will go longer between feedings and take more at each feeding.
- Most babies take 4-6 oz. of breastmilk or formula and feed 4-5 times per day by the time they are 4 months old.
- Not all crying means hunger.
- Continue to use a 4 oz. bottle.
- Wait until at least 4 months to start cereal.
- **DO NOT** put cereal in the bottle.
- **DO NOT** give your baby honey, juice, sweetened or soft drinks.

## Be Active

- Encourage your baby to reach and kick.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Notes:

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Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Height percentile \_\_\_\_\_ %