

0-4 weeks “4th trimester”

ABOUT: The 1st month home with your baby can be very overwhelming. Expect for your entire life to involve around your baby and to deal with some very crazy emotions during this time. The first 3 months of a baby’s life are referred to as the “4th trimester”. This means that your baby is still a fetus! They need all the care, protection, pampering and cuddling you can possibly give them. Respond to their cries as quickly as possible. There is no such thing at this stage as too much cuddling or spoiling.

GOALS:

- Focus on bonding with your baby
- Only worry about your babies 3 basic needs: sleeping, eating & diapering
- Self-care
 - Getting lots of rest
 - Pay attention to your emotions - if you feel extremely depressed, make sure and talk to an experienced mom in your life. If they agree there is something to worry about, contact your doctor.
 - Talking with other mothers about your feelings and struggles
 - Have a small team of people who can come help you with housework, meals & the baby
 - DON’T focus on getting tasks done - they can wait. Give yourself time to recover, physically & emotionally
 - You should be on bed rest for the first two weeks. After those two weeks, you can begin doing light housework & exercises.
- Focus on breastfeeding, as it can be very difficult at first

FEEDINGS

- How often?
 - (DAYTIME) Until baby regains birth weight, they need to be woken up every 2-3 hours to eat. Always measure from start of one feeding to the start of the next. After baby regains birth weight (this can take up to 3 weeks), you can begin feeding whenever they ask for it instead of waking them up for feedings.

- (NIGHTTIME) At night, let your baby call the schedule. It's important, even at this age, to differentiate between night and day. Whenever they wake up, feed them.
- **How much?**
 - BREASTFEEDING: Feed on demand. No matter how often and no matter how long. Feed until your baby falls off. 8-12 times daily.
 - FORMULA: 2-3 oz every 2-4 hours.
- **Burping**
 - Burp baby gently until you get 2 burps. Otherwise you may end up with a colicky baby (this happens when they get gas trapped in their bellies)
- **Pooping**
 - At this age, babies might poop 6 times a day or once a week! What is most important is consistency. If it is hard, they are constipated (breastfed babies cannot get constipated). The most important thing is if they are urinating enough. If you are changing at least 4-6 wet diapers a day, they are getting enough to eat.
 - Your baby's first few poops will be very sticky & black. This is called "meconium". After the first week, you can expect very liquidy poop that is gold or mustard colored.
- **Breastfeeding**
 - If you are breastfeeding, you will probably want to wait till 2-3 weeks to introduce pacifiers or bottles so they can get used to breastfeeding with a correct latch and not get confused.
 - The best time to introduce a bottle is in the evening when they are relaxed, calm and awake. Make sure you are using a slow-flow bottle.
 - Never microwave expressed breast milk. It destroys the nutrients in the milk, and it also can create hot pockets within the milk that would burn your baby's mouth. Instead, run the milk under hot water until it is warm.
 - Pump directly AFTER a feeding. If you pump too long after a feeding, you will use up milk for your baby's next feeding.
 - The first few weeks of breastfeeding are the very hardest! Don't give up. Soon it will come naturally and you will be so thankful you stuck with it.

SLEEPING

- **How much?**
 - Anywhere from 14–22 hours daily. Newborns sleep pretty much all the time when they are not eating.
- **Where?**
 - Whether you are co-sleeping or using a bassinet/crib, make sure that your baby is in 100% SID-safe sleeping conditions. Learn more about that here:
<http://cosleeping.nd.edu/safe-co-sleeping-guidelines/>
 - As long as you are completely awake, it is very good for your baby to sleep at the breast or cuddled in your arms. At this stage of their lives, all they need to know is that their mama is with them.
 - Co-sleeping is only recommended for breastfeeding moms, but it is very good for your child to be near you. It's wonderful for their emotional & mental development and can actually decrease the risk of SIDS when done correctly. Make sure that you know all the rules to create a safe co-sleeping environment for you and your baby.

BABY CARE

- **Umbilical cord** Keep the umbilical cord area dry. There is no reason to clean it. Let it air out and don't cover it with the diaper. It should fall off within the first month. If you notice a foul smell or some blood, you can clean it gently with a cotton ball and rubbing alcohol. This will not hurt your baby.
- **Fingernails** DO NOT clip your baby's fingernails the first few weeks. If they are scraggly, you can use a filing board. Once their nails harden, you can begin using baby clippers.
- **Bathing** Use a warm washcloth to wipe down your baby. Begin with their eyes, nose and face. Move to their head, neck, ears and trunk. End with their genital area and butt. There is no need for soap or immersing them in a tub/sink of water. Use coconut oil on any cracked or dry spots.
- **Signs of illness**
 - Personality changes
 - Appetite changes
 - Temp of 100.4 +

MILESTONES

- Gaining 5-10 oz a week
- Hearing will fully develop by end of the month
- Keeps hands tight in little fists
- Can lift head up for short periods of time
- Brings hands to face

GROWTH SPURTS: At 4 1/2 - 5 1/2 weeks, you may notice that your baby begins crying more often for no apparent reason, becomes extra clingy, or wants to breastfeed all the time. These are not causes for concern! These are signs that your baby is going through their first growth spurt.

ACTIVITIES

- Tummy time, either lying on your chest or on a nursing pillow
- Gaze at your baby at close range so that they can memorize your face
- Hang colorful toys 8-10 inches from their face
- Talk & sing - they love silly noises and songs!
- Play soft lullabies & music for baby
- Hold, caress, cuddle & swaddle - there is no such thing as too much cuddling the first month
- If you have to do a chore or run an errand, wear your baby in a sling - they love to be close to you at this time, and it is wonderful for their development
- Stroller rides around town - the walking is great for you too momma!

1 month “4th trimester”

ABOUT: Your baby is still teeny-tiny, but they are beginning to show bits and pieces of their personality! You may get a smile out of them for the first time this month, as well as some cooing noises. Enjoy this time with your child, but remember that they are still very fragile and the world is a big and scary place for them.

GOALS: You may be feeling like taking care of a baby is the only thing you will ever do again and that your life is over. Remember that this is not true, and you will get your life back again! This is only a phase. Think of some people who would make good babysitters. Your baby is old enough now that you can think about getting away for a few hours with your spouse or some friends. You deserve a break!

FEEDINGS

- How often?
 - Every 2-4 hours. 6-12 times daily.
- How much?
 - 3-4 oz formula.

SLEEPING

- 15-16 hours daily

BABY CARE

- You can begin to give baby baths in a baby tub or sling

MILESTONES

- Looks at things longer and more frequently
- Responds to touch in new ways
- Gives a social smile for the first time
- May begin making cooing or raspberry noises
- Is more awake and busy
- Gaining 5-8 oz weekly
- Tracks moving objects with his eyes

- May start to suck thumb/fist
- Begins to lift head for longer periods of time

GROWTH SPURTS: 7 1/2-9 1/2 weeks

ACTIVITIES

- They prefer faces over toys
- Hold brightly colored toys in front of baby and move around in circles - this helps them track with their eyes
- Wear baby while you do chores
- Laugh when baby laughs - imitate their faces and sounds
- Expose baby to different textures & sounds
- Begin using infant swing & bouncer
- Place baby on tummy for tummy time
- Move baby's arms and legs in swimming motions

2 months “4th trimester”

ABOUT: Your baby is beginning to develop a personality and seem more like a child! But, even though your baby is fun, remember that you are still in the 4th trimester. Your baby is still tender, sleepy and overwhelmed by the world. When in a social situation, make sure to watch your child for signs of being overstimulated. Sometimes at this stage, they just need a break from the talking and noise. They have not yet learned how to tune out noise, so they have to process every voice or sound they listen to! Can you imagine how overwhelming that would be?

GOALS: Enjoy your little nugget of cuddles! Not long from now your baby will be on the move.

FEEDINGS

- **How often?**
 - Every 2-4 hours. 6-12 times daily.
 - Feedings will take much less time now because your baby is getting more efficient at eating.
- **How much?**
 - 3-5 oz formula.
 - By now, you will be feeding less during the night. You can expect 1-2 feedings at night, and 4-10 during the day.
- **Pooping**
 - Don't be worried if your baby begins to poop less. It might be up to 12 days in between bowel movements at this stage!

SLEEPING

- 15 hours a day
- Will begin sleeping less during the day and more at night. You may notice your baby begin to create his own napping schedule during the day.

MILESTONES

- Gaining 5-8 oz weekly
- Becoming more of a social butterfly
- Mimics sounds, expressions and movements

- Makes eye contact
- Recognizes familiar faces and voices
- Turns head to respond to sounds
- Flaps his hands against a toy
- Feels toys without grasping them
- Discovers and observes different parts of his body
- Makes short, explosive sounds with his voice

GROWTH SPURTS: 11 1/2 - 12 1/2 weeks

ACTIVITIES

- Hold brightly colored toys in front of baby and move around in circles
- Wear baby while you do chores
- Laugh when baby laughs - imitate sounds and faces
- Expose baby to various sounds & textures
- Use infant swing & bouncer
- Place baby on tummy for tummy time
- Move baby's arms and legs in swimming motions

3 months

ABOUT: Woah, mama! Your baby has changed so much in the past 3 months. You have probably noticed much more vocalization from your baby, as well as many smiles and some mimicking of the sounds and faces you make! Your baby is slowly turning into a child. This month will be so fun to introduce new toys and activities as your baby begins to explore the world more.

GOALS: Do lots of talking with your baby so that he can begin to process language skills. He is beginning to love playtime and will love when you play with him.

FEEDINGS

- How often?
 - 6-8 times daily, every 3-5 hours
- How much?
 - 4-6 ounces formula
- Do not offer solids - their digestive systems are not ready yet.

SLEEPING

- 15 hours a day
- 5-6 hour stretch at night, but expect 1-2 feedings at night still.
- 4-5 naps daily
- You can expect a rough patch of sleeping sometime during the 4 month period. This is totally normal.
- Now that the 4th trimester is over, your baby is beginning to notice routines and make habits. Now is a great time to begin having baby sleep in crib if you haven't already. Try to lay him down while he is sleepy, but not yet asleep. This will help keep them asleep for longer periods of time without waking up.

MILESTONES

- Gaining 2-5 oz a week
- May push up to elbows
- May start attempting to roll
- May start to show signs of teething

- Follows things with eyes in a fluid motion
- Turns head in a fluid motion
- More lively, active and squirmy
- Shakes a rattle
- Discovers new sounds with his mouth, such as screaming, cooing and cawing
- Blows saliva bubbles
- Clearly shows when he finds something funny
- Enjoys light bulbs slowly going from soft to bright
- Enjoys sounds that go from high to low, or low to high

GROWTH SPURTS: 14 1/2 - 19 1/2 weeks

ACTIVITIES

- Now is a great time to introduce a play mat
- Let baby gaze at himself in a mirror
- Give soft toys that they can grasp well
- Mimic the sounds that your baby makes
- Call baby by his name often
- Crinkle papers by their ear
- Help them experience different textures & sounds
- Allow baby to splash and play in the bath
- Let him stand on your lap while you bounce him up and down
- Support him in a sitting position to practice
- Continue with tummy time - this is good practice for your baby to learn rolling, crawling & scooting
- Start reading books

4 months

ABOUT: Your baby is obsessed with playing! His whole world is growing rapidly every day, and the things he is learning are so exciting to him. It's great to play with baby and watch him grow, but make sure he gets time to rest from his learning and adventures.

GOALS: Some pediatricians may give the go-ahead for beginning solids. While your baby may be able to handle them, or even enjoy it, now is pretty early. Your baby's digestive system is still developing and can be very sensitive. They also do not have the proper reflexes to move food back to their throat, which will only cause frustration for you. Solid time will be here before you know it – just be patient!

FEEDING

- How often?
 - 6-8 feedings daily, every 3-5 hours
- How much?
 - 4-6 ounces each bottle. 28-32 ounces daily.
- Do not offer solid foods – their digestive systems are not ready yet.

SLEEPING

- 15 hours daily
- 6-8 hour stretches at night
- 4-5 naps daily

MILESTONES

- Gaining 2-5 oz weekly
- Might be very drooly – teething has most likely begun! You might want to invest in some good bandana drool bibs.
- May be able to roll well – watch where you leave him alone!
- May be able to push up onto elbows
- Chews on everything
- Hardly misses when he grasps something
- Puts your hand in his mouth

- Pulls a cloth away from his own face
- Hits toys on a table or tray
- Stays busy with a play mat
- Looks to see where mom and dad are
- Reacts to his image in a mirror
- Responds to his name
- Uses consonants
- Pushes away the breast or bottle when he has had enough
- Grumbles when he is impatient
- Might have outgrown his infant swing

GROWTH SPURTS: 14 1/2 - 19 1/2 weeks

ACTIVITIES

- Plastic keys, teething rings & soft books are good toy choices
- Let baby gaze at himself in a mirror
- Mimic sounds & faces that baby makes
- Call baby by his name
- Crinkle paper by his ear
- Allow baby to splash in the bath
- Let him stand on your lap while you bounce him up or down
- Play airplane and fly your baby through the air
- Let him play with an activity center/play mat
- Give lots of tummy/floor time to help learn crawling, rolling and scooting skills
- Play peekaboo!
- Read books

5 months

ABOUT: Your little one is rapidly turning into a child! It can feel very emotional to see them growing out of the baby stage so fast. Encourage your child to do new things.

GOALS:

- Do lots of sitting practice! But stay nearby just in case your little one topples
- Talk a lot. Name objects that your baby uses a lot and see if you can get him to imitate your sounds.
- If your baby seems interested in food, you can try to give him little tastes to see how he reacts. Signs of readiness for food include:
 - Baby must be able to sit and hold their heads steady
 - Sit very well and stable when supported
 - Birth weight has doubled
 - Baby is at least 13 pounds
 - Shows interest in food and watches others eat
 - Pushes away breast & bottle - this shows that your baby knows when they are full. If they don't have this ability yet, they are likely to eat far too much.
 - Baby seems to be hungry more than normal
 - Baby opens his mouth when a spoon approaches

FEEDING

- How often?
 - 6-8 feedings daily
- How much?
 - 4-6 oz each feeding, 28-32 ounces daily
- Solids
 - If your baby shows all signs of readiness, you might choose to introduce some foods. There is no need for a routine or worrying about nutrition just yet. Simply let your little one try little bites of things every now and then. Be very careful to take note of what

your baby has tried, and don't let them try any new foods for 2-3 days so that you can check for signs of allergies.

- Good foods to start out with:
 - Baby cereals
 - Any fruit/veggie puree (make sure there are NO chunks)
 - NO citrus, honey or cow's milk! Also - dairy, meats & sugars are advised against while their digestive systems are new to this solid food thing.
 - It's also best to avoid fruit juices for now. If you do choose to give it, dilute it $\frac{1}{3}$ juice to $\frac{2}{3}$ water.

SLEEPING

- 15 hours daily
- 3-4 naps daily
- Nighttime stretches continue to get longer!

MILESTONES

- Gaining 2-5 oz weekly
- Can probably roll over in both directions now - but no worries if they just aren't interested yet
- May be beginning to sit up with no support
- Will start to imitate, or at least attempt to, the sounds and words that you are making! Have fun with this. Lots of repetition helps them learn.

GROWTH SPURTS: none

ACTIVITIES

- Give baby toys that have movable parts & make noise
- Let baby look in mirrors
- Play peekaboo
- Make funny faces & imitate their faces and sounds
- Repeat simple words
- Name people, food, body parts, colors, animals, etc.
- Narrate to baby what you are doing - this helps them to learn speech
- Give simple commands

- Show baby how to clap hands
- Be consistent with discipline - choose ONE phrase to be the disciplinary word and don't be wishy-washy when using it.
- Encourage water play
- Help baby stand and bounce - maybe even walk with your help!
- Place toys out of baby's reach to encourage him to go get them
- Dance with baby in your arms

6 months

ABOUT: During this month, your little one may become extra clingy – this is because they are learning that you can leave them alone! While this may seem like a bad thing, it's actually a very important part of their mental development. Your baby definitely knows her name by now, and loves to hear you say it. She is also probably very opinionated, letting you know how she feels with lots of vocalizing.

GOALS: Your little one is becoming their own little person! Help them to develop their personality –

- Be sensitive to their social needs. If they really enjoy people, let them eat up the attention! If they seem to get overwhelmed, never force them to be held by others or play with people they aren't comfortable with.
- Notice things your baby prefers, whether it is toys, foods, ways of sleeping, or tv shows. Help them to branch out and try new things, but also allow them to stay in their comfort zones and spend time doing their favorite things.
- If baby isn't sitting without support yet, do lots of practice. Stay right beside him while he sits on a soft surface and plays. You will be right there to catch him if he falls!
- Practice new words and sounds. At this age, baby will watch and listen to you carefully and be VERY proud when he succeeds at imitating you!

FEEDING

- **How often?**
 - 6-8 feedings daily. 5-7 breastfeeding. 1-3 solids.
- **How much?**
 - 5-8 oz each feeding. 1-2 oz of food each solid feeding. 28-32 oz milk daily.
- **Solids**
 - Baby should only be having purees for now. As he gets more comfortable with eating, you can thicken with yogurt or baby cereal.
 - If he is enjoying solids and eating several meals a day, try to make up for the water he is missing through the breastmilk or formula

he is lacking. Water is fine, or juice diluted with $\frac{2}{3}$ water. There is no need to introduce juice to baby if he enjoys plain water!

- All fruit/veggie purees are good to go, baby cereal, unsweetened yogurt, and peanut butter (or other nut butter) IF your family doesn't have known food allergies and ONLY if you dilute it with lots of hot water (into a syrupy consistency).
- If your baby is really enjoying food, a good balance may be: 24 oz formula + 2 solid meals + 4 ounces water/juice
- Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
- Sample schedule:
 - 6:30 - 6 oz bottle / Nurse
 - 7:00 - Nap
 - 9:00 - Cereal + Fruit + 2 oz water/juice
 - 10:30 - 6 oz bottle / Nurse
 - 12:30 - Nap
 - 1:00 - 6 oz bottle / Nurse
 - 3:00 - Nap
 - 5:00 - Protein + Veggie + 2 oz water/juice
 - 6:00 - Bathe
 - 7:00 - 6 oz bottle / Nurse
 - 7:30 - Bedtime

SLEEPING

- 15 hours a day
- 3-4 naps daily
- 6-12 hour night stretches

MILESTONES

- Studies details, especially zippers/buttons, with intense fascination
- Touches and explores EVERYTHING
- Rolling in both directions
- Babbling a LOT - once she learns a new sound, she may repeat it over and over and over

- Passes objects from one hand to the other
- Your baby may already have teeth, but most babies start teething for the first time around 6 months

GROWTH SPURTS: 28 1/2 - 30 1/2 weeks

ACTIVITIES

- Give baby toys that have movable parts & make noise
- Let baby look in mirrors
- Play peekaboo
- Make funny faces & imitate their faces and sounds
- Repeat simple words
- Name people, food, body parts, colors, animals, etc.
- Narrate to baby what you are doing - this helps them to learn speech
- Give simple commands
- Show baby how to clap hands
- Be consistent with discipline - choose ONE phrase to be the disciplinary word and don't be wishy-washy when using it.
- Encourage water play
- Help baby stand and bounce - maybe even walk with your help!
- Place toys out of baby's reach to encourage him to go get them
- Dance with baby in your arms

7 months

ABOUT: Woaaaaah! Watch out, baby may be crawling! If they aren't choosing to crawl yet, you've probably noticed that your little one has figured out their own modes of transportation, be that rolling across the room, scooting, half-crawling, or running around in a walker. No matter what their means of exploration, you will notice that they want to get their hands on everything they possibly can. Be paying attention for when you need to baby-proof your home.

GOALS: Practice all your baby's new tricks! If there are some things they are struggling with, make sure you do lots of practicing and repetition.

FEEDING

- **How often?**
 - 6-8 feedings daily. 5-7 breastfeeding/formula. 1-3 solids.
- **How much?**
 - 5-8 oz formula. 2-4 oz solids. 28-32 oz milk daily.
- **Solids**
 - You can introduce baby meats, egg/dairy products (still no cow's milk though), peanut butter (diluted), and beans (mashed).
 - At this point, stick to basically the same routine as 6 months - but you could add a little more texture. Refried beans are a great option, as well as cottage cheese.

SLEEPING

- 15 hours daily
- 2-3 naps daily

MILESTONES

- At this point, baby is mostly fine-tuning the same concepts from 6 months. All babies are different, so there may be some things that come very easily to yours, and others that are much harder and take a lot more practice. Take note of what your little one is struggling with and help her get lots of practice!

GROWTH SPURTS: 28 1/2 – 30 1/2 weeks

ACTIVITIES

- Give baby toys that have movable parts & make noise
- Let baby look in mirrors
- Play peekaboo
- Make funny faces & imitate their faces and sounds
- Repeat simple words
- Name people, food, body parts, colors, animals, etc.
- Narrate to baby what you are doing – this helps them to learn speech
- Give simple commands
- Show baby how to clap hands
- Be consistent with discipline – choose ONE phrase to be the disciplinary word and don't be wishy-washy when using it.
- Encourage water play
- Help baby stand and bounce – maybe even walk with your help!
- Place toys out of baby's reach to encourage him to go get them
- Dance with baby in your arms
- Practice waving

8 months

ABOUT: Your little one is EXTREMELY aware of his surroundings now. He sees everything you do and hears everything you say – so beware! Imitation will become huge for him this month, as he repeats sounds he hears you say and even does things you do. His exploration will also continue to grow as he learns about the world around him.

GOALS: If you haven't begun solid foods already, you need to. Babies need lots of practice chewing, swallowing and digesting before they are a year old.

FEEDING

- How often?
 - 6-8 feedings daily. 4-5 breastfeeding/formula. 3-4 solids.
- How much?
 - 5-6 oz each feeding. 3-6 oz solids. 15-30 oz milk daily.
- Solids
 - Begin to add mashed foods + very soft/dissolvable finger foods. Scrambled eggs, cooked pasta, baby puffs + shredded cheese could be fun additions to his diet.
 - Example of daily intake: 22 oz formula/breastmilk + 3 solid meals + 1 snack + 6-8 oz juice/milk/water
 - Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 6:30 - 6 oz bottle / Nurse
 - 8:30 - Cereal + Fruit + 2 oz water/juice
 - 10:30 - 6 oz bottle / Nurse + Nap
 - 12:30 - Protein + Veggie/Fruit + 2 oz water/juice
 - 2:30 - 4 oz bottle / Nurse + Nap
 - 4:00 - SNACK (puffs/cereal) + 2 oz water/juice
 - 6:00 - Meat + Veggie + 2 oz water/juice
 - 6:30 - Bath time

- 7:00 - 6 oz bottle / Nurse
- 7:30 - Bedtime

SLEEPING

- 15 hours daily
- 2-3 naps daily
- 8 month sleep regression happens for some babies, so don't be alarmed if yours begins waking up every hour - it won't last forever

MILESTONES

- Has officially learned object permanence
- Very aware of his surroundings

GROWTH SPURTS: 33 1/2 - 37 1/2 weeks

ACTIVITIES

- If you haven't already, baby-proof the house
- Read books
- Take baby to places where lots of stuff is happening
- Play with a ball
- Build towers with soft blocks
- Point to and name body parts
- Imitate animal sounds
- Let baby play with cold and warm objects
- Blow a fan on baby
- Provide large push/pull toys to walk with
- Help baby practice walking

9 months

ABOUT: Your little one is busier than she has ever been! Watch out as your babe may be attempting to pull up on things, cruising around on the furniture or even trying to walk by herself! She will be getting into absolutely everything as she learns about and explores her world.

GOALS: Baby may be needing a new car seat soon. They still need to be rear-facing, so look for one that is convertible. You can also start brushing your baby's teeth with a training toothpaste!

FEEDING

- **How often?**
 - 6-8 feedings daily. 4-5 breastfeeding/formula. 3-4 solids.
- **How much?**
 - 5-6 oz each feeding. 3-6 oz solids. 15-30 oz milk daily.
- **Solids**
 - Almost any food goes at this point (as long as it is mashed/chunked/shredded appropriately). Continue to AVOID honey, citrus, nuts, popcorn, seeds + cow's milk
 - Example of daily intake: 20 oz formula/breastmilk + 3 solid meals + 1 snack + 8 oz juice diluted with $\frac{2}{3}$ water.
 - Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 7:30 - Cereal + Fruit + 4 oz bottle / Nurse
 - 10:00 - 6 oz bottle / Nurse + Nap
 - 12:00 - Protein + Veggie/Fruit + 3 oz water/juice
 - 2:30 - 4 oz bottle / Nurse + Nap
 - 4:00 - SNACK (puffs/cereal) + 2 oz water/juice
 - 6:00 - Meat + Veggie + 3 oz water/juice
 - 6:30 - Bath time
 - 7:00 - 6 oz bottle / Nurse

- 7:30 - Bedtime

SLEEPING

- 14 hours daily
- 2-3 naps daily - your baby may currently be in a transition between 3 to 2 naps.

MILESTONES

- Will make it clear that he understands several words
- Imitates adults
- Recognizes himself in a mirror
- Plays peekaboo with himself
- Either is crawling or is beginning to attempt crawling
- Has probably mastered the “pincer grasp”, which makes grabbing little pieces of food easier

GROWTH SPURTS: none

ACTIVITIES

- If you haven't already, baby-proof the house
- Read books
- Take baby to places where lots of stuff is happening
- Play with a ball
- Build towers with soft blocks
- Point to and name body parts
- Imitate animal sounds
- Let baby play with cold and warm objects
- Blow a fan on baby
- Provide large push/pull toys to walk with
- Help baby practice walking
- Play patty-cake, peekaboo and lots of songs/nursery rhyme

10 months

ABOUT: Your baby is really starting to understand his world! He will understand when you give simple commands and be able to obey. He will also hopefully be able to communicate to you what he wants through simple gestures, sounds and maybe even a word or two!

GOALS: Start planning baby's 1st birthday party!

FEEDING

- How often?
 - 6-8 feedings daily. 4-5 breastfeeding/formula. 4-5 solids.
- How much?
 - 4-8 oz each feeding. 4-8 oz solids.
- Solids
 - Introduce sippy cups. Best time is during the afternoon or mid-morning when baby is very awake and calm.
 - Almost any food goes at this point (as long as it is mashed/chunked/shredded appropriately). Continue to AVOID honey, citrus, nuts, popcorn, seeds + cow's milk
 - Example of daily intake: 16 oz formula/breastmilk + 3 solid meals + 1 snack + 12 oz juice diluted with $\frac{2}{3}$ water.
 - Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 8:00 - 4 oz bottle / nurse + Cereal + Fruit
 - 10:30 - 6 oz bottle / nurse + Nap
 - 12:00 - Protein + Veggie/Fruit + 4 oz water/juice
 - 2:30 - 6 oz bottle / nurse + Nap
 - 4:00 - SNACK (cheese/crackers/fruit) + 4 oz water/juice
 - 6:00 - Meat + Veggie + 4 oz water/juice
 - 6:30 - Bath time

- 7:30 - Bedtime

SLEEPING

- 14 hours daily
- 2 naps daily

MILESTONES

- Gives kisses + hugs
- Knows what different sounds, such as a doorbell, car door slamming or the mailbox, mean!
- May just be starting to crawl

GROWTH SPURTS: 41 1/2 - 46 1/2 weeks

ACTIVITIES

- If you haven't already, baby-proof the house
- Read books
- Take baby to places where lots of stuff is happening
- Play with a ball
- Build towers with soft blocks
- Point to and name body parts
- Imitate animal sounds
- Let baby play with cold and warm objects
- Blow a fan on baby
- Provide large push/pull toys to walk with
- Help baby practice walking
- Play patty-cake, peekaboo and lots of songs/nursery rhymes

11 months

ABOUT: This month your baby's individual personality will really begin to shine through. Though you've probably made some guesses already about who your child will be, they are beginning to develop more and more each day and making it more obvious who they are! This is a fun stage to watch them grow into their individuality.

GOALS: Send out invitations to baby's 1st birthday party!

FEEDING

- **How often?**
 - 6-8 feedings daily. 2-4 breastfeeding/formula. 3-6 solids.
- **How much?**
 - 4-8 oz each feeding. 4-8 oz solids.
- **Solids**
 - Almost any food goes at this point (as long as it is mashed/chunked/shredded appropriately). Continue to AVOID honey, citrus, nuts, popcorn, seeds + cow's milk
 - Example of daily intake: 14 oz formula/breastmilk + 3 solid meals + 1 snacks + 14 oz juice diluted with $\frac{2}{3}$ water.
 - Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 8:00 - 4 oz formula / nurse + Cereal + Fruit
 - 10:30 - 6 oz bottle / nurse + nap
 - 12:00 - Protein + Veggie/Fruit + 5 oz water/juice
 - 2:30 - 4 oz bottle / nurse + Nap
 - 4:00 - SNACK (cheese/veggies/crackers/fruit) + 4 oz water/juice
 - 6:00 - Meat + Veggie + Bread + 5 oz water/juice
 - 6:30 - Bath time
 - 7:30 - Bedtime

SLEEPING

- 13 hours daily
- 2 naps daily

MILESTONES

- Can self feed pretty well
- May be able to stand without support, even for a few seconds
- Able to speak a few simple words
- Understands simple commands
- May walk a few steps alone

GROWTH SPURTS: 41 1/2 - 46 1/2 weeks

ACTIVITIES

- If you haven't already, baby-proof the house
- Read books
- Take baby to places where lots of stuff is happening
- Play with a ball
- Build towers with soft blocks
- Point to and name body parts
- Imitate animal sounds
- Let baby play with cold and warm objects
- Blow a fan on baby
- Provide large push/pull toys to walk with
- Help baby practice walking
- Play patty-cake, peekaboo and lots of songs/nursery rhymes

12-14 months

ABOUT: Get ready for toddlerhood! Your little one is likely moving all over the place, whether through crawling, cruising or walking. She has also most likely developed quite the attitude, saying “no” and several other simple words to express her strong opinions. You may even have a picky eater on your hands now.

GOALS: Work on a “baby’s 1st year” photobook.

FEEDING

- **How often?**
 - 5-7 feedings daily. 1-3 breastfeeding/milk. 4-6 solids.
 - You can continue breastfeeding as long as you would like! There is no need to stop after age one, but you may prefer to wean now.
- **How much?**
 - 6-8 oz each feeding. 4-8 oz solids.
- **Solids**
 - You can introduce cow’s milk! If you prefer not to, or if your family has history of dairy allergies, you can opt for almond or soy milk for your little one.
 - Anything goes now, but make sure you introduce new foods slowly to check for allergens, just like you did when introducing solids for the first time.
 - Example of daily intake: 10 oz breastmilk/milk + 3 solid meals + 2 snacks + 20 oz juice/milk/water
 - Remember to follow your child’s cues. If they seem hungry and don’t want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 8:00 - Cereal + Fruit + 5 oz milk / nurse
 - 10:00 - SNACK (cereal/fruit) + 5 oz water/juice

- 10:30 - Nap
- 12:00 - Protein + Veggie/Fruit + 5 oz water/juice
- 2:30 - Nap
- 4:00 - SNACK (cheese/veggies/crackers/fruit) + 5 oz water/juice
- 6:00 - Meat + Veggie + Bread + 5 oz water/juice
- 6:30 - Bath time
- 8:00 - 5 oz milk / nurse + Bedtime

SLEEPING

- 13 hours daily
- 2 naps daily

MILESTONES (these abilities will emerge at various times from 12-15 months)

- It is very normal for 1 year olds to have less of an appetite than usual, as well as to be very particular about what foods they eat
- Can get themselves into a sitting position from lying down
- Pulls up to stand
- Walks holding onto furniture
- May walk a few steps without support
- Puts things into and takes out of containers/boxes
- Pokes and points with index finger
- Responds to simple requests
- Uses exclamations such as “uh-oh!”
- Responds to “no”
- Begins to use objects correctly
- Looks at the right image when it is named
- Cries when mom or dad leaves
- Shows specific preferences for objects or people
- Tests parental responses to his actions
- Could put together a very simple puzzle
- Stacks rings or blocks

GROWTH SPURTS: none

ACTIVITIES

- Books are more interesting now than they have ever been before!

- Bath time / water play
- Bubbles
- Nursery rhymes
- Music
- Roll a ball
- Blocks
- Introduce coloring
- Finger painting
- Chalk
- Stickers
- Play with dirt or sand
- Water table
- Toys in a bucket of rice
- Children's museum
- Play outside!
- Swimming
- Play dough
- Activity walker
- Sensory bags
- Avoid excessive screen time

15-18 months

ABOUT: Your little one is smack dab in the middle of toddlerhood! You may be overwhelmed some days trying to keep up with your wiggly, opinionated, temperamental kid. It's important to remember that this stage will be over soon. Try to enjoy watching your child's development, and be as patient as possible as they learn more about their world.

GOALS: IF your baby is ready, it might be time to transition to one nap! Usually by 18 months most children are taking one early afternoon nap. Make sure you watch for your child's signals of being overtired and do what is best for their individual needs. During these months it is also good to set up rules about what behavior is acceptable. Children of these age are completely capable of understanding what wrong behavior is and being obedient.

FEEDING

- **How often?**
 - 4-6 feedings daily. 0-2 breastfeeding/milk. 4-6 solids.
- **How much?**
 - 4-8 oz each feeding.
- **Solids**
 - Transition from chunked foods to whole foods, as your baby is ready.
 - Example of daily intake: 5-10 oz formula/breastmilk + 3 solid meals + 2 snacks + 20-25 oz juice/water/milk
 - Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
 - Example schedule:
 - 8:00 - Cereal + Fruit + 5 oz milk
 - 10:00 - SNACK (cereal/fruit) + 6 oz water/juice
 - 12:00 - Protein + Veggie/Fruit + 6 oz water/juice
 - 1:00 - Nap

- 4:00 - SNACK (cheese/crackers/veggies/fruit) + 6 oz water/juice
- 6:00 - Meat + Veggie + Bread 6 oz water/juice
- 6:30 - Bath time
- 8:00 - Bedtime

SLEEPING

- 13 hours daily
- 1-2 naps daily

MILESTONES (these abilities will emerge at various times throughout 18-24 months)

- Beginning to really understand how his body works
- Knows that he has control over his own body
- May begin to exhibit a strong will
- Wants to be independent and make his own decisions
- Will be naughty just to show you that they can be
- Understands that you are an individual and you are not the same being as him
- Has the ability and understanding to console others when they are sad or hurt
- Understands that he is part of a family
- Learns the rules of what belongs to him and what does not
- Creates drawings that represent what he sees in the real world
- Develops some sense of time
- Memory is improving and anticipates the future better
- Impressive and almost instantaneous increase in the comprehension of language

GROWTH SPURTS: 70 1/2 - 76 1/2 weeks

ACTIVITIES

- Books are more interesting now than they have ever been before!
- Bath time / water play
- Bubbles
- Nursery rhymes
- Music

- Blocks
- Coloring
- Finger painting
- Chalk
- Stickers
- Play with dirt or sand
- Water table
- Toys in a bucket of rice
- Children's museum
- Play outside!
- Swimming
- Play dough
- Sensory bags
- Avoid excessive screen time

18–24 months

ABOUT: During your child's second year of life, they may not grow physically much at all. It's almost as if their body has to play "catch up" for all the intense growth of those first 12 months. These months are full of your little one exploring, learning and changing developmentally, emotionally and mentally. You will probably notice their "baby fat" slowly disappear as they become more and more active.

GOALS: Focus on language skills! Your child will learn more rapidly if you make sure to interact regularly with him. Notice when your child struggles with certain sounds, words, or ideas. Help him to practice with lots of repetition. Your little one also might be interested in potty training! If they show interest in using the toilet, go ahead and start trying! However, there is no need for early potty training if your child is resistant or uninterested.

FEEDING

- If you are still breastfeeding, bravo! There is no need to stop. Continue as long as your child is interested.
- Your child should be able to eat larger chunks of food with ease, but continue to be cautious of choking.
- Example of daily intake: 5–10 oz milk/breastmilk + 3 solid meals + 2 snacks + 24–30 oz juice diluted with $\frac{2}{3}$ water.
- Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
- Example schedule:
 - 8:00 – Cereal + Fruit + 5 oz milk / nurse
 - 10:00 – SNACK (cereal/fruit) + 7 oz water/juice
 - 11:30 – Protein + Veggie/Fruit + 7 oz water/juice
 - 1:00 – Nap
 - 4:00 – SNACK (cheese/crackers/veggies/fruit) + 7 oz water/juice
 - 6:00 – Meat + Veggie + Bread 7 oz water/juice
 - 6:30 – Bath time

■ 8:00 - Bedtime

SLEEPING

- 13 hours daily
- 1 nap

MILESTONES (these abilities will emerge at various times throughout 18-24 months)

- Lots of tantrums!
- Will complete familiar songs or sing along with you
- Names items in books
- Jumping
- May be able to wash and dry their own hands
- Might be able to crawl out of crib - watch out!
- Likes to point to different body parts - it makes a fun game!
- Separation anxiety will begin to lessen as they understand that mommy WILL come back
- Seeks approval from you
- Comes when you call him by name
- Learns that everything has a name - may ask "what's that?"
- Speaks in 2-3 word sentences and is understood by others at least 50% of the time

ACTIVITIES

- Give your child choices
- Ask them to identify noises
- Practice the alphabet
- Read lots of books
- Bath time / water play
- Bubbles
- Music
- Coloring
- Finger painting
- Chalk
- Stickers
- Play with dirt or sand
- Water table

- Toys in a bucket of rice
- Children's museum
- Play outside!
- Swimming
- Play dough
- Sensory bags
- Avoid excessive screen time

2-3 years

ABOUT: Be prepared for some big emotions – 2 years olds wear their hearts on their sleeves! Remember that tantrums take place because children don't yet understand their emotions. Have patience and grace as they learn about their feelings and what to do about them.

GOALS: Try not to immediately solve all your child's problems: instead, empathize with their emotions and help them to solve it themselves. Let them know that emotions are okay. Regular daily routines are very helpful for this age. Routines give toddlers a sense of security and something they can expect. When you throw them out of their routine, they might have some unexpected emotions such as fear, anxiety, or confusion.

FEEDING

- If you are still breastfeeding, bravo! There is no need to stop. Continue as long as your child is interested.
- Example of daily intake: 0-10 oz milk/breastmilk + 3 solid meals + 2 snacks + 30-40 oz milk/juice/water
- Remember to follow your child's cues. If they seem hungry and don't want to eat what you are giving them, make sure they are fed above all. Just like when they were on a liquid only diet, watch for their output. Constipation/sparse urination means they are dehydrated. No poop means not enough food.
- Example schedule:
 - 8:00 - Cereal + Fruit + 5 oz milk
 - 10:00 - SNACK (cereal/fruit) + 8 oz water/juice
 - 11:30 - Protein + Veggie/Fruit + 8 oz water/juice
 - 1:00 - Nap
 - 4:00 - SNACK (cheese/crackers/veggies/fruit) + 8 oz water/juice
 - 6:00 - Meat + Veggie + Bread 8 oz water/juice
 - 6:30 - Bath time
 - 8:00 - Bedtime

SLEEPING

- 10-12 hours daily

- 1 nap

MILESTONES (these abilities will emerge at various times throughout 24-36 months)

- Copies other people's behavior
- Loves to play with other children
- Shows defiant behavior
- Knows names of familiar people
- Repeats words overheard in conversation
- Plays simple make believe games
- Might begin to show hand dominance (right or left handed)
- May begin to follow 2-step commands (do this, then do that)
- Stands on tiptoes
- Kicks a ball
- Runs well
- Walks up and down stairs without help
- Makes or copies straight lines and circles

ACTIVITIES

- Dress-up
- Tear tissue paper
- Give your child choices
- Ask them to identify noises
- Practice the alphabet
- Read lots of books
- Bath time / water play
- Bubbles
- Music
- Coloring
- Finger painting
- Chalk
- Stickers
- Water table
- Toys in a bucket of rice
- Children's museum
- Play outside!
- Swimming

- Play dough
- Sensory bags
- Avoid excessive screen time

3-4 years

ABOUT: Congratulations! You have officially survived the terrible twos. This year you will witness your child growing into exactly that: a CHILD! No longer a baby, your little guy is understanding the world in a much clearer way than before. He can communicate with you very clearly and experience emotions and relationships as well. Your child is very imaginative at this age and will actually listen and obey you most of the time.

GOALS: This may be your last year with your child before they go off to preschool, so make the most of it! Begin doing school activities with your child now so that they can learn basic skills such as coloring, reading simple words, forming letters, counting, alphabet recognition, and obeying commands. Remember to enjoy each day as your little one grows into a kid.

FEEDING

- Example of daily intake: 3 solid meals + 2 snacks + 40-48 oz water/milk/juice.
- Portions should be roughly 1/2 of an adult sized portion, though your child's appetite will vary depending on their body size and energy expenditure. Talk to your doctor if you think your child shows signs of over or under eating.
- Example schedule:
 - 8:00 - Cereal + Fruit + 8 oz water/milk/juice
 - 10:00 - SNACK (cereal/fruit) + 8 oz water/milk/juice
 - 11:30 - Protein + Veggie/Fruit + 8 oz water/milk/juice
 - 1:00 - Nap
 - 4:00 - SNACK (cheese/crackers/veggies/fruit) + 8 oz water/milk/juice
 - 6:00 - Meat + Veggie + Bread 8 oz water/milk/juice
 - 6:30 - Bath time
 - 7:30 - 8 oz water/milk/juice
 - 8:00 - Bedtime

SLEEPING

- 10-12 hours daily
- 1 nap

MILESTONES (these abilities will emerge at various times throughout the 4th year of life)

- Shows affection for friends and family
- Learning how to take turns and share
- Shows obvious concern for others emotions
- Displays a wide range of emotions
- Doesn't mind leaving mom and dad for a period of time
- May get upset or frustrated when routines change
- Dresses and undresses himself
- Can name almost all familiar things
- Knows name, age and gender
- Talks well enough for strangers to understand
- Carries on a full conversation using simple sentences
- Plays make-believe
- Puts together puzzles
- Screws and unscrews jar lids
- Pedals a tricycle
- Can alternate feet when going up steps

ACTIVITIES

- Library trip
- Story telling
- Build a fort
- Cooking/Baking
- Dress-up
- Charades
- Simon says
- Color hunt
- Follow the leader
- Go to the park
- Gardening
- Weather chart
- Make collages
- Paint nails
- Puppets
- Read lots of books

- Music
- Coloring
- Finger painting
- Chalk
- Stickers
- Play with dirt or sand
- Water table
- Children's museum
- Play outside!
- Swimming
- Play dough
- Sensory bags
- Avoid excessive screen time