

anticipatory guidance

Child's name _____

newborn

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

guidance

Satiety cues
 Breast feeding strategies

nutrition

- Expected volumes in first 3 months:
 150-200ml/kg/day
 7-10 feedings/day
- Iron fortified formula if not breast milk
- Satiety cues
- No solids
- Not all crying represents hunger

activity & development

- Infants regain or exceed birth weight by 2 weeks of age then grow about 1 oz./day

2 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

No solids, No juice
 Minimize stationary devices throughout the first year of life

- No juice, no cereal
- Breast milk or formula
- Feed every 3-4 hours or 24-28 oz./day
- Increase interval at night

- Crib mobiles
- Minimize stationary devices
- Reaching, kicking, stretching

4 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

Start single grain cereal
 No juice

- No juice
- Breast milk or formula
- Volume up to 32 oz./day
- Single grain, iron fortified cereal, 1-2 T from spoon, 1-2x/day

- Belly play time
- Sits with support
- Play gyms
- Grasping for objects

6 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

100% juice in cup
 Normal extrusion reflex

- Baby food – start vegetables
- Add new food in 3-4 day interval, Check for allergic reaction
 Portion size – 2 T twice/day
- Cereal 2-4 T twice/day
- Start 100% juice from cup – 2-4 oz.
- Iron/Vit D recommendation

- Normal extrusion reflex
- Sits briefly alone
- Starting to crawl
- Non-restrictive play
- No screen time recommended (TV, computer, electronic games)

9 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

Finger foods
 Cup portion size
 Choking hazards

- Offer variety of finger foods and table foods (about 850kcal/day)
- Fruit/Veg serving size – 1-2 T or 1/8 cup (1 oz.) twice/day
- Variety of protein/lean meat
- Cereal 6-8 T/day
- Limit 100% juice 3 oz. via cup
- Watch out for choking hazards

- Finger feeds
- Begins to hold cup
- Pull to stand
- No screen time recommended (TV, computer, electronic games)

12 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

Whole milk
 Limit 100% juice ~ 4-6 oz.
 Serving = 1-2 T

- Birth weight triples, length increases by 50%
- Wean to whole milk (16-24 oz./day)
 Milk from cup, wean from bottle
- 3 meals and 2 snacks/day
- Offer variety of foods
- Watch out for choking hazards
- Limit 100% juice to 4-6 oz./day
- Avoid sweetened drinks

- Non-restrictive play
- Push toys
- Plays simple ball game
- Finger feeds
- Walking
- Hiding
- No screen time recommended (TV, computer, electronic games)