Child’s name _____________________________

**newborn**

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<th>Date</th>
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**guidance**

- Satiety cues
- Breast feeding strategies

**nutrition**

- Expected volumes in first 3 months:
  - 150-200ml/kg/day
  - 8-12 feedings/day
- Iron fortified formula if not breast milk
- Satiety cues
- No solids
- Discuss Vitamin D supplementation
- 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**

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

**guidance**

- No juice, No cereal
- Breast milk or formula
- Feed every 2-3 hours or 16-24 oz./day
- Increase interval at night
- Satiety cues
- Discuss Vitamin D supplementation

**activity & development**

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

**4 months**

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- Discuss when to introduce cereal
- No juice

**guidance**

- Exclusive breast feeding – no water, juice or other foods
- Formula up to 32 oz./day
- Discuss Vitamin D or iron supplementation

**activity & development**

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

**6 months**

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- 100% juice in cup
- Normal extrusion reflex

**guidance**

- Baby food – start cereal and vegetables
- Add new food in 3-4 day interval, Check for allergic reaction
  - Portion size – 1-2 T twice/day
- Cereal 2-4 T twice/day
- May start 100% juice from cup
- Iron/Vit D recommendation
- May introduce pureed meats at 7-9 mos.
- Monitor weight for length percentile
- Breast milk or formula up to 32 oz/day

**activity & development**

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

**9 months**

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- Finger foods
- Choking hazards

**guidance**

- Offer variety of finger foods and table foods (about 850kcal/day)
- Fruit/Veg serving size – 1-2 T twice/day
- Variety of protein/lean meat
- Cereal 2-4 T twice/day
- Limit 100% juice 3 oz. from cup/day
- Watch out for choking hazards
- Breast milk or formula up to 32 oz/day
- Discuss Vitamin D and iron

**activity & development**

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

**12 months**

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- Wean to whole or 2% milk (16 oz./day)
- Milk from cup, wean from bottle

**guidance**

- Birth weight triples, length increases by 50%
- While weaning, may continue breastfeeding or offer iron-fortified formula in a cup
- 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
- Discuss Vitamin D and iron

**activity & development**

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

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