

Child's name _____

anticipatory guidance

newborn

Date _____
Length _____
Weight _____
Weight/Length _____ %

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

Date _____
Length _____
Weight _____
Weight/Length _____ %

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

- 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

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

4 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

Discuss when to introduce cereal
No juice

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

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

6 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

100% juice in cup
Normal extrusion reflex

- 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

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

9 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

Finger foods
Choking hazards

- 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

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

12 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

Wean to whole or 2% milk (16 oz./day)
Milk from cup, wean from bottle
Limit 100% juice ~ 4-6 oz.

- 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

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



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association.
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