



The World of Infants 0 to 6 months!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149
or
1-800-848-8727

Nurse
Ext. 289 or 241

Social Worker
Ext. 242

Provider Support
Consultant
Ext. 233 or 286

Help Finding
Child Care
Ext. 230

Help Paying for
Child Care
Ext. 225

Parenting Support
& Information
Ext. 237

Helpful Hints:

Encourage tummy time during play to build neck and shoulder strength.

Babies love to look at faces. Provide unbreakable mirrors to see their own faces.

Be certain that all curtain and blind cords are securely out of reach.

Watch for messages the baby sends when they're hungry, full, tired, or needing a diaper change.

Babies often roll over before it's expected so watch them carefully.

Enjoy Parenting!

Nutrition:

- The only liquid young babies need is breast milk or formula. Breast milk is best as it provides protection from illness as well as good nutrition. When breastfeeding is not possible or desired, select an infant formula with iron.
- Hold the infant during feeding time, and look at them and talk to them.
- Infants should be fed when they're hungry. It's important to learn the clues that infants give when they are hungry, full, in need of a cuddle, diaper change, or quiet time to nap. When adults understand the "language" the infant uses, the care of the infant is easier.
- Newborns need frequent feedings of small amounts (usually 2-4 ounces). The amount increases and the frequency of feeding decreases as the infant grows.
- Begin suitable solid foods at 4-6 months of age. Most experts recommend iron-enriched infant rice cereal as the first food. Start new foods one at a time to make it easier to identify problem foods. For example, wait a week before adding each new cereal, vegetable or other food. Do not give honey to infants during the first year of life as there is a risk of illness that could occur in infants.
- Infants need fat in their diet for proper growth and development and absorption of essential nutrients. Fat restriction during the first two years is not recommended.

Parent and Child Relationship:

- Provide the infant with lots of cuddle time.
- Touch and talk to the baby and look them in the eye so they can see the face of the person talking. Babies learn about their surroundings through their senses of hearing, vision, touch, taste, and smell.
- Take the baby to different locations at home and away.

Expected Growth and Development:

Research confirms that infants benefit from optimal brain development that lasts a lifetime, when they have loving attachments with adults and appropriate stimulation.

- About 2 months the baby smiles, coos, watches people, and follows with their eyes
- About 4 months the baby laughs out loud, can lift the head and chest when on the stomach, and can grasp objects.
- About 6 months the baby babbles, turns to sound, rolls over, supports the head well when held upright, and usually weighs about double the birth weight.
- Babies have a need to suck. Pacifiers may be used when babies are not hungry.

Safety:

- Risk of crib death is significantly reduced when infants are placed on their back to sleep, until the baby is able to change their own position.
- Keep the bed free of pillows and toys to prevent suffocation.
- Microwave ovens can "superheat" food that can cause burns. Microwave heating can also change the nutrients in breast milk. Warm bottles by placing them under hot tap water.
- Use infant car seats that are made for the size of the baby and be certain that restraints are used as instructed.
- Even in play, avoid tossing, or spinning the baby as brain injury can occur from such quick movements.
- Limit sun exposure to short times that avoid burns. Sunscreen products are not recommended for children under 6 months old.
- Examine toys to be certain they are safe for baby to put in their mouth.

Illness & Immunization:

Young infants benefit from their mothers antibodies that protect them from illness. That protection diminishes over the first few months of life. When young infants have fever over 100°F a doctor should be consulted, as the baby could be seriously ill.

Immunization protects children from many diseases and the suffering and complications they cause. To be protected, a child aged 0 to 6 months should receive the following:

- **HepB** (Hepatitis Type B): doses at birth, between 1 to 2 months & 4 months;
- **DTaP** (Diphtheria, Tetanus, Pertusis): doses at 2, 4 & 6 months;
- **IPV** (Polio): doses at 2 & 4 months;
- **Hib** (Haemophilus Influenza type b): doses at 2, 4 & 6 months; and
- **PVC** (Pneumococcal): doses at 2, 4 & 6 months.
- **Flu** (Influenza): annual dose beginning at 6 months.

Choose quality child care for the baby. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C, use extension 221.