

Welcome to Group Care!



Healthy Active Living at Home

- By 6 months of age, most babies weigh twice as much as they did at birth
- Your baby's growth may slow down in the upcoming months
- If you are still breastfeeding, that's great! Continue as long as you like
- If you are formula feeding, be sure you are using an iron-fortified formula
- Babies should finish their bedtime and nap-time bottles before going to bed
- As your baby learns to eat solid foods, start by offering one to two tablespoons two to three times per day
- Introduce new foods one at a time. Consider leaving one to three days between each new food. Watch for signs of allergy or intolerance
- It can take 10–15 exposures to a new food before a baby learns to like it
- In addition to iron-fortified cereal, introduce cooked, pureed meats as well as fruits and vegetables into your baby's diet
 - Cooked, pureed red meat is a good source of iron
 - It is healthier to offer babies 7 months and older whole fruit (either mashed or pureed) instead of juice
 - Cereal or other foods should not be added to your baby's bottle unless instructed by your pediatrician
- Avoid feeding your baby too much. Watch for signs of fullness. Signs of fullness include leaning back; turning away from the breast, bottle, or spoon; and pushing away
- Babies will show interest in handling foods and spoons. This helps develop their fine motor skills
- Gently wipe your baby's gums with a moist cloth after feeding
- Encourage active play with baby-safe mirrors, floor gyms, and colorful toys to hold
- Help him creep while holding onto furniture, as well as move one place to the next. This helps him build strength and confidence. He will need this to walk
- Develop a quiet, soothing bedtime routine with your infant to introduce sleep at a regular time each night



Questions to Ask Your Baby's Pediatrician

"How do I know if my baby is eating enough?"

"What do I need to do to safety proof my house?"