

Childs Name _____

anticipatory guidance

Newborn Date _____ Length _____ Weight _____ Weight/Length ____%	Guidance Satiety cues Breast feeding strategies	Nutrition -Expect volumes in the 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 & Developments -Infants regain or exceed birth weight by 2 weeks of age then grow about 1oz./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 16-24oz./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 supplementation	-Belly play time -Sits with support -Starting to crawl -Non-restrictive play -No screen time recommended (TV, computer, electronic games)
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 -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 a variety of food and table food (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 milk (16oz./day) Milk from cup, wean from bottle Limit 100% juice– 4.6 oz	-Birth weights triples , length increases by 50% -While weaning, may continue breast-feeding or iron-fortified formula in a cup -3 meals and 2 snacks/day -Offer a variety of foods -Watch out for choking hazards -Limit 100% juice 4-6 oz. from cup/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)

