**Solid Foods**

The term solid food refers to any foods that are not liquids. Most experts recommend starting solid foods closer to six months, though you and your pediatrician may decide to start them between four and six months of age.

Avoid introduction of solid foods before four months, as this can cause excessive weight gain. Especially avoid putting cereal in your baby's bottle, unless directed by your physician. Cereal in bottles does not help increase your baby's nighttime sleep.

**Vitamin D Supplementation for Breastfed Infants**

The recommended daily dose of vitamin D from birth to 12 months is 400 IU (International Units).

Vitamin D is needed to develop and maintain strong bones as well as fight infections and help prevent serious conditions like cancer and diabetes.

There are a number of over-the-counter vitamin D containing multivitamin products or vitamin D only products that you may choose from. Make sure you follow the manufacturer's dosing recommendations.

**Iron Supplementation for Premature Breastfed Infants**

Breastfed premature infants need iron supplementation from one to 12 months of age. Ask your baby’s doctor about the possible need for iron drops if your baby was born premature.

---

**GROWTH STANDARDS**

You ARC pediatrician will use World Health Organization (WHO) growth charts to monitor growth for infants and children ages 0 to two years of age.

- WHO growth standard charts are international standards developed by tracking the growth of healthy children in 6 countries on 5 continents.
- For children less than two, your child's healthcare provider will show you graphs with your child's weight, length, head circumference, and weight-for-length.
- Children less than 2 years of age are at risk for overweight if their weight-for-length is between 84th and 98th percentiles, and are overweight if weight-for-length exceeds 98th percentile. Please discuss any concerns you have about your child's growth chart with your physician.
The physicians and staff at Austin Regional Clinic support Immunizations. Austin Regional Clinic pediatricians and family medicine physicians agree that our physicians will not accept any new patients to our practice who do not vaccinate.

Our primary concern is the safety of all our patients. We encourage our families to talk about immunization questions and concerns with their child’s physician.

CARE OF YOUR CHILD

Immunizations

Medical experts agree that the development of effective vaccines are among the most important medical advancements of the 20th century. Before vaccines, parents in the United States could expect that every year:

- Polio would paralyze 10,000 children.
- Rubella (German Measles) would cause birth defects and mental retardation in as many as 20,000 newborns.
- Measles would infect about four million children, killing 3,000.
- Diphtheria would be one of the most common causes of death in school-aged children.
- A bacterium called Haemophilus influenza type b (Hib) would cause meningitis in 15,000 children, leaving many with brain damage.
- Pertussis (whooping cough) would kill 8,000 children, most of whom were under the age of two.

Today, thanks to the development of vaccines and their widespread use, the frequency of such diseases has been reduced significantly, and in the case of a few diseases, virtually eliminated in this country.

At today’s visit your baby will receive a number of vaccines. She will continue to receive series of vaccines during childhood that will protect her from many life threatening illnesses.

The current immunization schedule is in the ARC Newborn Book that was given to you when your baby was born. Also, you may find it in the patient education section of the ARC website at AustinRegionalClinic.com.

Baby’s First Cold

A “cold” or upper respiratory infection is a viral infection of the nose and throat. Most healthy children get at least six colds a year. Children in daycare often get more than this.

As of yet, there are no medicines that can cure a cold, so we can only treat the symptoms.

- **Over-the-counter medications are not recommended for infants and toddlers.**
- To help drainage, elevate the head of the baby’s bed and use saline nose drops and a bulb syringe to clean the nose.
- If your baby is congested, clean their nose before feedings so that they can both drink and breathe at the same time. Also, make sure to record your baby’s wet diapers and call for an appointment if they happen less than every six hours.
- Have your baby seen by her doctor if your baby seems extremely fussy or sicker than one would expect with a minor cold.
- Fever, especially the first two to three days of a cold, is common. However, infants three months or less with a temperature of 100.4°F or greater need to be seen by a physician. Young infants with fever need a medical evaluation.

SLEEP

Prevention of Sleep Problems

Evidence suggests that even infants are not getting the recommended amount of sleep needed. Starting now, good sleep habits should be encouraged.

At about six weeks of age most infants begin to establish better day/night patterns. They sleep more at night and remain alert for longer periods in the day.

“Sleeping through the night” at this age generally means sleeping for a five to six hour stretch. During the day most two month olds take at least three one to two hour naps, for a total of about 15 hours of sleep in a 24 hour day.

The following measures can help your baby sleep better:

- **Teach your baby to fall asleep on his own.** Place him down to sleep while drowsy but not quite asleep. Set a bedtime. Over the next few months he should learn to “self-soothe.” If you always rock your child to sleep or allow your child to fall asleep while feeding, then he will be trained to expect the same ritual every time he awakens.
- **Establish a predictable and soothing night bedtime routine.** Bath, spend a few minutes “reading” a picture book, sing a gentle song, say goodnight to family members, toys or pictures in the room.
- **Nighttime feeding should be calm, quiet, and brief.** Change the diaper if necessary, then feed, burp, and return your baby, in a comfortable, sleepy state, to his crib while still awake.

SAFETY

Sleep On Your Back

To prevent possible suffocation and reduce the risk of Sudden Infant Death Syndrome (SIDS), your baby should always sleep on his back and in his own sleep space, not with parents.

Never put your baby on a water bed, bean bag, or anything that is soft enough to cover the face up and block the nose.

Falls

Babies wiggle and move and push against things with their feet as soon as they are born. Even these very first movements can result in a fall.

As your baby grows and is able to roll over (sometimes as early as two to three months), he may fall off of things unless protected.

Do not leave your baby alone on changing tables, sofas, or chairs. Put your baby in a safe place, such as a crib or playpen, when you cannot hold him.

Do not use a baby walker. Your baby may tip the walker over, fall out or fall down stairs and seriously injure his head.

Baby walkers let children get to places where they can pull heavy objects or hot foods on themselves.

Always buckle your baby in place while in any infant seat, infant carrier or stroller. Many infants have had serious falls when left for “just a minute” or when the parent forgets and picks up the child in an unsecured carrier.
Burns

At three to five months, babies will wave their fists and grab at things. Never carry your baby and hot liquids, such as coffee, or foods at the same time. You can’t handle both.

To protect your family from tap water scalds, reduce the maximum temperature of your hot water heater to 120°F.

If your baby gets burned, immediately put the burned area in cool (not ice cold) water. Keep the burned area in cool water until she stops crying, then cover the burn loosely with a bandage or clean cloth and call your baby’s doctor.

To protect your baby from house fires, be sure that you have a working smoke alarm in your home.

Car Injuries

Most car injuries can be prevented by the use of a car safety seat. Make certain that your baby’s car seat is installed correctly.

Read and follow the instructions that come with the car seat and the sections in the owner’s manual of your car on using a car safety seat correctly.

Use the car safety seat every time your child is in a car. Your infant should ride in the back seat in a rear-facing car seat until at least two years of age.

Questions about Car Safety Seats:

Safe Riders Program
1-800-SEAT-CHECK (1-800-252-8255)
seatcheck.org

Language and understanding

By two months of age, you and your baby are likely communicating with each other. Your baby may look into your eyes, smile, coo, and make various sounds.

Evidence that your child is aware of their surroundings includes responding to your voice; crying at sudden noises; and looking for a sound, but not always in the direction of the sound.

Talk and sing to your baby. Your voice is soothing. Play classical music, as it may improve learning.

Your baby’s first step in language development is cooing. Imitate your baby’s cooing and babbling sounds and show him your face. Imitate your baby during dressing, bathing, feeding, playing, and when walking around the house together.

Such imitation encourages infants to prolong the making of these sounds and is the foundation of language and conversation.

Social skills

Spend time playing, talking, singing, and reading to your baby during the day to support his continuing brain development.

Your baby may look and smile at you. Look at books with simple pictures with bright colors together.

Your baby will learn more from interacting with you than any App, TV program, or computer program. This is why the American Academy of Pediatrics recommends no screen time under two years of age.

Gross Motor Skills

Babies need physical activity every day. For now this includes continuing “tummy time” for your baby. Remember, aim for 30 minutes to one hour of tummy time per day. Your baby will hold their head up when on their stomachs and begin pushing their chest off the ground.

Support your baby in the sitting position as much as possible. You may notice improved head control. Take your baby for a daily walk in the stroller to establish outdoor-time and physical activity as part of their daily routine.

Fine Motor Skills

By four months, your baby may reach and swing at objects and even grasp and hold objects. Rattles are a great developmental toy to have ready for your baby.

Early Childhood Intervention (ECI) Programs:

If you believe that your child is delayed or has a condition that could lead to delays, please ask your doctor to refer you.

You may also call 1-800-628-5115 or visit the ECI website at dars.state.tx.us/ecis for the ECI program closest to you.
Reading Suggestions and Resources

Websites
healthychildren.org
American Academy of Pediatrics | parenting website
healthychildren.org/growinghealthy
Dynamic interactive website to help encourage healthy habits for children 0 to five years of age.
vec.chop.edu
The Children’s Hospital of Philadelphia | information on vaccines
cdc.gov/vaccines/parents/index.html
National Immunization Program
seatcheck.org
Information about car seats
babybuffer.org
Parenting web site
ilca.org/i4a/pages/index.cfm?pageid=3337
Website to find lactation consultation

For Parents with iPhones
KidsDoc Symptom Checker
HealthyChildren.org, by the American Academy of Pediatrics (AAP), offers this interactive tool to help parents evaluate their child’s symptoms.

The KidsDoc Symptom Checker allows parents to choose from a wide range of symptoms, then follow the symptom decision chart to determine the appropriate action to take, whether it be home care or a trip to the emergency room.

Available as an iPhone app called KidsDoc.

Books
Caring for Your Baby and Young Child, Revised Edition: Birth to Age 5
The American Academy of Pediatrics.
Baby 411: Clear Answers and Smart Advice for Your Baby’s First Year
Ari Brown, MD and Denise Fields.
Your Baby and Child: From Birth to Age 5
Penelope Leach
Infants and Mothers: Differences in Development
Terry Brazelton

Access to Care 24/7

24-Hr Appointment Scheduling
visit MyChartARC.com or ARCareAppointments.com

Appointments are easy at ARC. Call your clinic 24/7 to speak with a patient services representative or make an online appointment request. You can also book directly with your primary care doctor on ARC MyChart!

24-Hr Phone Nurse
call your ARC clinic and press “4”

Our 24-hr Phone Nurse is available at all ARC clinics to give you advice, reach an on-call physician, or make an appointment for you when you or a family member are ill.

Same-Day & After Hours Care
call your ARC clinic and press “1”

Make an appointment for an illness or injury at an ARC clinic close to your home. Same-Day appointments are available to you days & nights, weekends, and holidays.