

2 months old

Child's name _____

Height _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Any feeding concerns?

How is breastfeeding going?

Are you putting anything in your baby's bottle besides breast milk or formula?

How do you tell when your baby is hungry; when your baby is full?

Does your baby spend time on his or her belly?

Be Active

- Use crib mobiles and encourage reaching, kicking, stretching and belly play time.
- Limit time in swings and infant seats.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:

Feeding Advice

- **Breastfeeding is highly recommended.**
The best food for your baby is breastmilk.
- As your baby gets older and bigger, he or she will go longer between feedings and take more at each feeding.
- Expect to breastfeed your baby every 2-3 hours. If you are using formula, most babies take 4 oz. and feed 4-5 times per day. Total formula intake should be 16-24 ounces in 24 hours.
- Not all crying means hunger.
- Continue to use a 4 oz. bottle.
- Wait until at least 4-6 months to start cereal when your baby is developmentally ready.
- **DO NOT** put cereal in the bottle.
- **DO NOT** give your baby honey, juice, sweetened water or soft drinks.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.



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. May be reproduced in its entirety for educational purposes. February 2010

