

1. What advice would you give regarding feeding at each of these three ages? How much should they be eating? When and how should they start solids? Sippy cup?

2mos: Still taking only BM or formula. Average of 3oz per feed every 3 hours. Still eating through the night although may give a 4-5 hour stretch between feedings at night-time. OK to let them sleep and NOT wake for feeds at this age.

4mos: Still only BM or formula. Average 4-6 oz per feed every 4 hours. On average sleeping about 8 hours overnight without eating. Need about 5-6 feedings per day to get adequate calories. May start solids at 4 mos if good head and neck control. One new food about every 4 days. Must be pureed consistency with no chunks. Can eat any type of vegetable or fruit to start- usually about 2-4 tablespoons per day or ½ to 1 jar per day. Caloric intake still from BM or formula.

6mos: Still about 1 jar food per day but will increase over next 3 months to 2 jars per day. Formula/BM feeds about 4-5 per day, 6-8 oz on average. No night-time feedings. OK to introduce sippy cup at this age with water or diluted juice. Start with finger foods for practice such as Cheerios or Baby Rice Puffs.

2. What advice would you give regarding sleep at these three ages? How many hours should they be sleeping? Naps? What are some important bedtime routines and when should you start them?

2mos: On average may be sleeping about 4-5 hrs at night between feeds. No need to wake for feedings. Overall sleep 10-12 hours at night with 2-3 naps of 1-2 hours during the day. Need to start bedtime routines by 4 mos. Bedtime routines consist on doing the same routine each night at a consistent time for bedtime: ex. Read book, bath, lights off, bottle, bed. It can be any routine that works for the family. Important to put the baby to bed in the crib BEFORE they are completely asleep so they can learn to soothe/ comfort themselves to sleep. Finding a comforting object can help such as a blanket, pacifier, or soft toy.

4mos: On average are sleeping 8-10 hours at night without waking to feed. Reinforce bedtime routines. Babies don't NEED to eat in the middle of the night at this age so reinforce parent's comforting them when they awake but then laying them back in the crib to sleep.

6mos: Hopefully sleeping 10-12 hours at night without waking, still usually 2 naps per day 1-2 hours each. Reinforce good sleep habits. Object permanence and separation anxiety can lead to night awakenings even after sleeping through the night so warn parents and reinforce not removing child from crib.

3. What advice can you give regarding upcoming developmental milestones at these three ages?

2mos: upcoming milestones- finding hands and starting to reach/bat at objects and get them to mouth, rolling tummy to back (good time to go over safety issues with not placing baby on couch/bed), laughing and more babbling will develop. Reinforce tummy time, floor time, face time and talking to your baby with bright toys within reach.

4mos: upcoming milestones- sitting with support, rolling over both ways, transferring objects from hand to hand, object permanence- dropping objects and looking for them, pointing, babbling with consonant sounds- dada, baba
Good time to go over baby proofing home prior to crawling

6mos: upcoming milestones- crawling, pulling to stand, cruising, learning pincer grasp instead of rake, social games and imitating sounds, drinking from a sippy cup
Good time to review upcoming stranger anxiety.