

Baby's First Year

Birth to Two Months



Development: Your baby will weigh from five to ten pounds and will be about 18 to 21 inches long. He will sleep most of the time. Most babies gain about two pounds each month during the first few months. Your baby wiggles a lot and will try to turn over.

Never leave your baby on the bed, table, chair or counter unattended.

Parenting: Touch, hold and talk to your baby to help you bond with each other. Babies learn to depend on and trust those who care for them. **Always place your baby on his back to sleep, even for naps.**

When you take your baby out, dress him appropriately. **Protect your baby's skin from strong sunlight and keep a blanket handy to prevent him from getting chilled.** Babies need their heads covered in cool weather because they lose a lot of heat through their heads.



Feeding: Feed your baby only breast milk or iron-fortified formula at this age. Breast milk is best.

Do not give your baby any juices, sugar-water, honey or solid foods at this age. Burp your baby frequently to prevent stomachaches. **Do not heat your baby's bottle in the microwave,** since uneven heating can cause serious burns in your baby's mouth. Always hold your baby when feeding him. Do not prop the bottle up for feeding.

Take your baby to the doctor within the first two weeks and at two months for a well-baby checkup and shots.



Two to Four Months

Development: Your baby will weigh eight to 17 pounds and will be about 20 to 26 inches long. Your baby will begin to smile and make some squealing, cooing noises now. You will probably notice your baby making more eye contact, drooling and sucking fingers. Your baby might begin to hold his head up while on his stomach and will soon roll over. Your baby might begin to move around and will put things in his mouth.

Watch your baby closely so that he does not choke on small objects.