

## Additional Information

Today's Date: \_\_\_\_\_

Baby's Height: \_\_\_\_\_

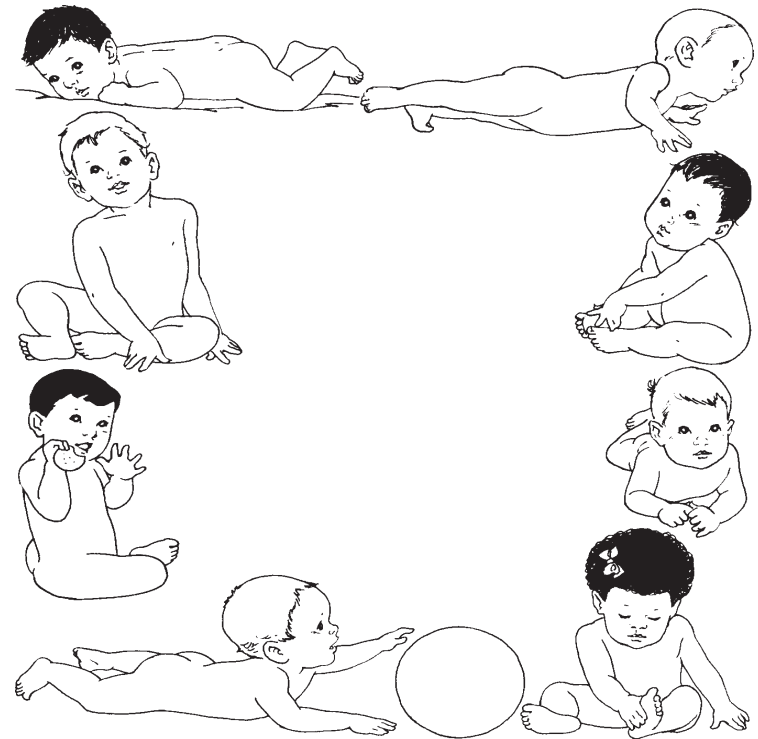
Baby's Weight: \_\_\_\_\_

Baby's Head Circumference: \_\_\_\_\_

Special Instructions: \_\_\_\_\_

Next Appointment: \_\_\_\_\_

# Kent County Wants Healthy Babies



## Your Three Month Old



Kent County Health Department  
Maternal Infant Health Program  
700 Fuller Ave., NE  
Grand Rapids, Michigan 49503  
616/632-7100  
www.accesskent.com

Revised 8/08

Kent County Health Department  
Maternal Infant Health Program  
Childhood Education Series

## How Your Baby is Growing

**Head/Neck** - your baby's neck is stronger now. She can hold her head steady by herself. You will still have to hold her head if you move her quickly. Her back is still weak. She needs support when sitting.

**Eyes** - your baby's eyes will watch things that move. She can identify objects with her eyes. She will see you and know you from across the room. She may use her eyes and hands together to bring toys to her mouth.

**Ears** - your baby will respond when she hears your voice. She coos and tries to make the sounds you make. She will turn her head in the direction of noises.

**Movement** - your baby can pick up her head and chest when she is on her tummy. She can move her arms and can kick her legs very fast. She can open and shut her hands when she wants. She may like to study her hands and fingers. She may not have control of her hands yet. She may put things in her mouth.

**Skin** - your baby's skin is very sensitive. It is best to avoid exposure to the sun and mosquitos. You can protect your baby's skin by having her wear lightweight clothing to cover her arms and legs. Mosquito netting can be used over infant carriers.

**Growth** - your baby should gain at least one pound and about 1 1/2 inches in length this month.



## Interacting with Your Baby

When you play with your baby, you should have fun too. Do things you enjoy like singing or dancing. This makes her happy too. She may laugh out loud or squeal. A happy baby is easier to care for.

### **Awareness**

**Your** baby is starting to learn about the world around her. Carry her in a position so she can see new things. She is also becoming aware of her own body. Watch her look at her hands and feet. Help her with this by playing “Pat-a-Cake” and “This Little Piggy”.

### **Sight**

**Your** baby will have fun looking at shapes that move like a mobile or things you hold for her. Let her look at her face in a mirror. Look at pictures with her. Look into her eyes. Make faces or stick out your tongue and see if she copies you. Play “Pat-a-Cake” with her.

### **Hearing**

**Give** your baby some quiet time to coo and to hear her own voice. Listen to her. Talk back to her and repeat her sounds. Read to her. She never gets tired of hearing your voice. Speaking to her lets her know she is loved. Tell her what you are doing. Hearing your words and watching your face and mouth help her learn to talk.

### **Exercise/Muscle Development**

**Tummy time** - continue to give your baby tummy time everyday so she can exercise. Get down on the floor with her and make soothing, happy noises. You may notice she is able to push her head and chest off the floor. Soon she may roll over on her own.

**Head and hand control** - hold your baby in a sitting position so she can practice holding her head steady. Her head and neck still need some support so avoid rough play that shakes or jostles her. Hold a toy for her and watch her reach for it. She may begin to put things in her mouth. She is starting to learn the feel and shape of new things with her mouth and hands.

## Your Baby's Safety

**Always know where your baby is and what she is doing!  
Never leave your baby in a room alone with a young child!**

### Toys

**Never** put anything around your baby's neck (small toy, pacifier, necklace).

**Always** read the label when buying a new toy. Safe toys have labels like "nontoxic", "nonflammable" and "lead free".

**When** buying or using a toy make sure that it is age appropriate, that there are no small parts that could fall off, and that there are no sharp edges.

**An** object that can fall through the center of a toilet paper roll is too small for your baby.

**Stuffed** animals should have strong seams and no small pieces that could come off.

**Be** careful to keep older children's toys away from your baby.

### Crib

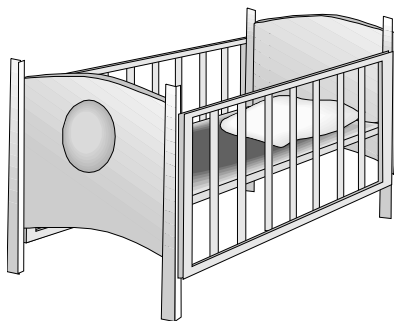
**Be** sure the crib has a firm mattress.

**Keep** stuffed toys, bumper pads and pillows out of the sleeping area.

**Keep** the crib away from blinds or curtains.

**Use** cribs with slats less than 2 3/8 inches apart. If you can push a pop can through the slat, the crib is not safe.

**Remember to have at least one working smoke detector in your home!**



## Feeding Your Baby

**Always** hold your baby during feedings. Relax and enjoy your time together.

**Breast** milk or formula is all your baby should have. She doesn't need water bottles. She gets all the water she needs from breast milk or formula.

**Many** babies don't need solid foods until around six months. Starting solid foods too soon could lead to the following problems either now or later:

- weight problems
- food intolerances
- digestive problems
- problems with allergies

**Your** baby may have a growth spurt. She may begin to eat more. Feed her until she is full. She will let you know she is full by:

- refusing to take more
- arching her back
- turning her head
- falling asleep

**Remember** your baby doesn't need to have a bowel movement everyday. She probably is not constipated if the stool stays soft.

## Sleep Patterns

**Your** baby will sleep about five hours during the day. The day sleep will be broken into naps.

**She** may sleep about 10 hours at night. She may wake up for a feeding. You do not have to wake her to eat. If she sleeps through the night, she will eat more during the day.

**Some** babies may make noises even when they are sleeping. This may not mean she is hungry. If she is awake and wants to be fed, make sure night feedings are a calm and quiet time for her.

## Topic of the Month Common Illnesses

Your baby is coming into contact with more things and people now. She may have her first cold or ear infection. In the first two years of life, most children have 8 to 10 colds.

### Colds

Colds are caused by viruses. They can be passed from person to person by a sneeze or a cough. If your baby has a cold, she may have one or more of the following symptoms:

- runny nose
- sneezing
- cough
- fever over 100 degrees
- fussiness
- red eyes
- eating less



To help her feel better:

- allow her to sleep as much as she needs
- allow her to drink as much breast milk or formula as she wants
- help her clear her nose if it is stuffed
- give her acetaminophen (non-aspirin) if she is uncomfortable, but not for longer than three days
- add moisture to the air

**Do not** give your baby any kind of cold remedy unless her doctor tells you to. If she does not seem to be getting better, call her doctor.

### Ear Infections

Most children have at least one ear infection by age two. If your baby has an ear infection, she may have one or more of the following symptoms:

- crying during feedings
- trouble sleeping
- a fever over 100 degrees
- be very fussy

If you think your baby has an ear infection, call her doctor. He may want to see her and/or prescribe an antibiotic for her. It is important to give her the

antibiotic for as long as her doctor tells you even if she seems to be better. If she does not seem to be getting better after 48 hours, call her doctor again.

Here are some ways to help prevent ear infections:

- protect her from secondhand smoke
- keep her away from other children with colds
- avoid propping a bottle for her

### Diarrhea

Diarrhea is a stool (dirty diaper) that is liquid and happens more often (eight or more diapers) than usual for your baby. It can be yellow, brown, green or clear. It is always watery. It may be caused by different things including:

- illness
- medicines
- food intolerance

Things you can do at home if your baby has diarrhea but is not vomiting:

#### **Breast fed infant**

- Mother should stop drinking all coffee, tea or cola
- Continue breast feeding but do so more often during the day to replace the baby's fluids
- Give her Pedialyte or a similar product between breast feedings if the diarrhea is severe and the baby has fewer wet diapers

#### **Bottle fed infant**

- Stop feeding formula for 6 to 24 hours. Give her Pedialyte or a similar product. Give her as much as she wants - never limit fluids if she has severe diarrhea
- Do not use sports drinks such as Gatorade
- After 6 to 24 hours, begin giving regular formula. Sometimes using a lactose free or soy formula (Isomil) for a few days will help stop the diarrhea

If not treated, diarrhea may cause diaper rash and dehydration. Your baby may be dehydrated if she has:

- fewer wet diapers
- dry skin
- no tears
- sunken soft spot on her head
- dry mouth

Call her doctor if she:

- has blood in her stool (dirty diaper)
- has a fever (over 100 degrees) for more than 24 hours
- vomits more than three times in a row
- has any signs of dehydration