

's



Baby Book



Place Baby's Photo Here

Contacts & Phone Numbers

How to Soothe a Crying Baby

So you've fed your baby and changed their diaper, but they are still crying. What do you do?

Is your baby not feeling well?

- Check your baby's temperature.
- If your baby's crying doesn't sound right, or you think your baby might be sick, call your doctor.

Is your baby's tummy upset?

- Gas, colic, or allergies can cause stomach pain.
- Apply pressure by lightly placing your hand on baby's belly.
- Try gently moving their legs in a bicycle motion.

Is your baby too hot or too cold?

- Adjust their clothing as needed.

Is your baby teething?

- The 1st tooth breaks at 4-7 months old.
- Provide a cool cloth or teether for baby to suck on.



What else can you try?

- Offer your breast, a pacifier, or your finger for baby to suck.
- Swaddle baby in a sleep sack, placed on their back. Do not swaddle baby if they are trying to roll.
- Play music, sing a lullaby.
- Get some fresh air.

Sleeping Safely – Back to Sleep

Notes



- Place baby's crib/pack'n play next to your bed.
- Place baby safely on their back in the crib or pack'n play if you are feeling tired.
- Set a timer or alarm when feeding your baby at night. If you feel sleepy, you will remember to place baby safely back in their crib.
- Share this information with other people who take care of your baby. Remind them that it is safest for babies to sleep on their backs, without soft bedding or toys nearby.



The Day You Were Born

You were born on (date) _____,

at (time) _____.

At birth, your weight was _____.

Weight percentile: _____.

Your length was _____.

Length percentile: _____.

Your head circumference was _____.

Head circumference percentile: _____.

Your eye color is _____.

Dressing Baby for Cold Weather

Generally, give baby one layer more than you are wearing. If you are wearing a just a shirt, give your baby a thin blanket or sweater.

When a baby's temperature is good, it is ok for their hands or feet to feel a little cool, as long as their chest is warm.

If they are cold, baby may shiver or cry. Their lips and ears may turn a darker color or blue.

Signs your baby is too warm:



If your baby seems to be too warm, remove some layers. If they still seem too warm, they may be sick. Call your pediatrician or health provider.

How to Help Your Baby's Brain Develop

Cuddle your baby

“Wear” your baby. Keep them close to your skin.

Respond to their cries or noises— if baby is not hungry and has a clean diaper, try swaddling them, rocking or singing to them, or taking them on a walk with you.

Play with your baby

Talk to them, even just say out loud what you are doing around the house. Babies will listen and learn from the words you use.

Sing to your baby or play games like peek-a-boo.

Offer toys for your baby to look at or play with.

Read to your baby

Even in young infants, point to pictures in a book and say the words.

When baby is older, let them play with the book. Keep reading to them.



At birth you were given:

___ Erythromycin eye ointment

___ Vitamin K Shot

___ Hepatitis B Vaccine

You passed the hearing test in your:

___ Right Ear

___ Left Ear



Age	3-5 Days	2 Weeks	1 Month	2 Months	4 Months	6 Months	9 Months	1 Year
Gross Motor								
Fine Motor								
Cognition								
Speech								

Handprints, Footprints, Photos

_____, age _____



12 Months Old = 1 Year!

At your doctor's appointment, they weigh and measure you:

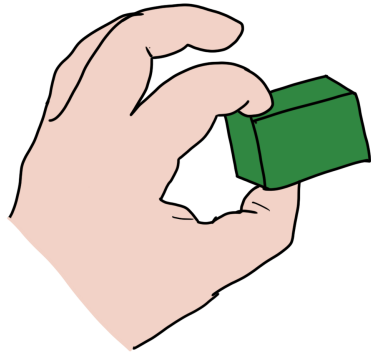
Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You start to stand by yourself.
- You pick things up with a "pincer grasp".
- You point to things that you want.



Questions:

Feeding Your Baby

How often should I feed my baby?

Newborn babies are fed often, every 2-3 hours. Your baby will tell you they are hungry with the following signs:

- Sucking on hands or fingers.
- Smacking lips, or opening mouth when lips are touched
- Rooting, or turning their head to search for mom's nipple.
- Squirming, restless movements when sleeping.

Can I feed my baby both breast milk and formula?

Feeding your baby both breast milk and formula during the 1st month can decrease your milk supply. If you use formula during the first month, pump during the day to maintain your milk supply.

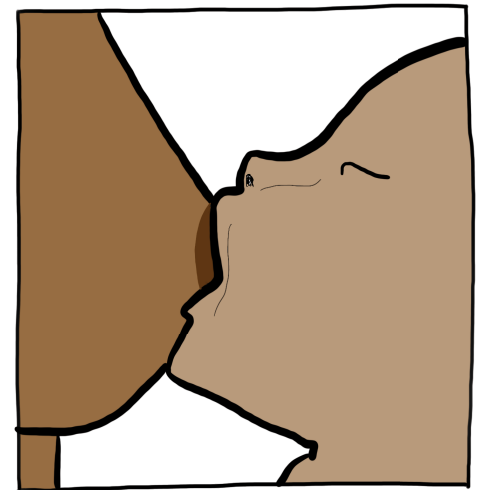
How do I store breast milk or formula?

Breast milk can be stored at room temperature for 4 hours, or in the fridge for 4 days. You can also store fresh breast milk in the freezer for 6 months.

Formula can be stored for 2 hours at room temperature, or in the fridge for 1 day.

Why does breastfeeding hurt sometimes?

Pain means baby may not have a good latch on your nipple. Some babies take time to learn this. Speak with your doctor or nurse about ways to help your baby latch.



Your First Doctor's Appointment (1-5 days old)

You are _____ days old.

Your weight is _____ (_____ percentile).

Your length is _____ (_____ percentile).

Your head circumference is _____
(_____ percentile).

Check the boxes that are true:

- You are feeding every 2-3 hours, even during the night.
- The only thing you eat is breastmilk and/or formula.
- You're making 6-8 wet diapers a day.
- You sleep in your own crib/pack'n play, lying on your back with no loose blankets or toys around you.

Questions:

Handprints, Footprints, Photos

_____, age _____



9 Months Old

At your doctor's appointment, they weigh and measure you:

Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You start to say "mama" or "dada".
- You wave bye-bye.
- You can stand while holding onto something.
- You look when someone calls your name.



Questions:

Handprints, Footprints, Photos

_____, age _____



2 Weeks Old

At your doctor's appointment, they weigh and measure you:

Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You follow toys with your eyes.
- You smile at your parents.
- You are starting to lift your head up during tummy time.



Questions

Handprints, Footprints, Photos

_____, age _____



6 Months Old

At your doctor's appointment, they weigh and measure you:

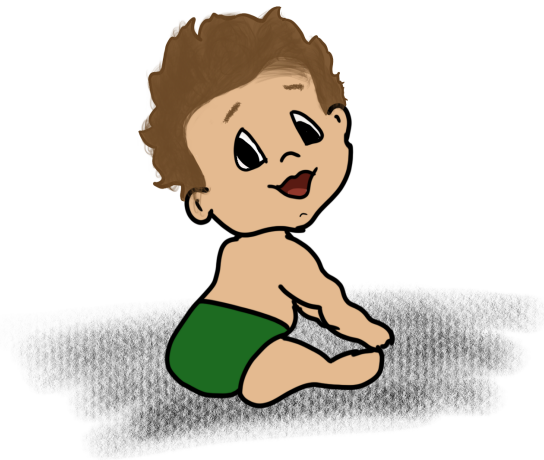
Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You are babbling.
- You can eat your food using your fingers.
- You can pass a toy from one hand to the other.
- You are starting to sit with little or no help.



Questions:

Handprints, Footprints, Photos

_____, age _____



1 Month Old

At your doctor's appointment, they weigh and measure you:

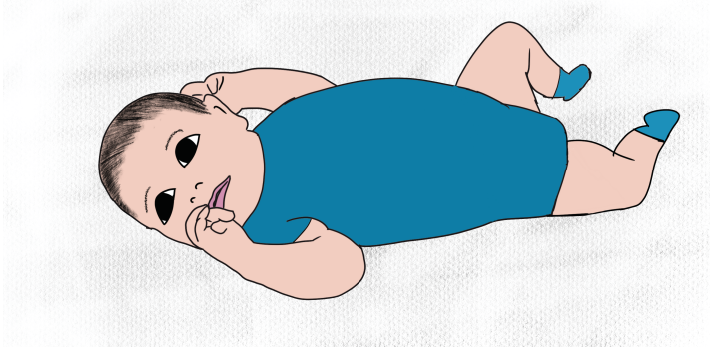
Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You become surprised when there are sudden or loud sounds nearby.
- You bring your hands to your face
- You follow the faces of mom or dad with your eyes



Questions:

Handprints, Footprints, Photos

_____, age _____



4 Months Old

At your doctor's appointment, they weigh and measure you:

Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____
(____ percentile).

Check the boxes that are true:

- You can laugh.
- You can roll from your front to your back.
- You look to where you hear people talking.
- You can play with a rattle.



Questions:

Handprints, Footprints, Photos

_____, age _____



2 Months Old

At your doctor's appointment, they weigh and measure you:

Your weight is _____ (____ percentile).

Your length is _____ (____ percentile).

Your head circumference is _____

(____ percentile).

Check the boxes that are true:

- You start to open and shut your hands.
- You start to lift your chest off the ground when laying on your tummy.
- You smile when other people smile at you.
- You make short cooing sounds.



Questions:

Handprints, Footprints, Photos

_____, age _____

