



Developmental Milestones (0-12 Months)

Gross Motor Skills

1-3 Months	Lifts head briefly when on tummy, moves arms and legs equally.
4-6 Months	Rolls over (tummy to back), sits with support.
7-9 Months	Sits without support, begins to crawl.
10-12 Months	Pulls to stand, may take first steps.
Important	Milestones are ranges. Consult your pediatrician if concerned.

Fine Motor Skills

1-3 Months	Opens and closes hands, bats at objects.
4-6 Months	Grasps objects, reaches with one hand.
7-9 Months	Transfers objects between hands, uses raking grasp.
10-12 Months	Uses pincer grasp (thumb and forefinger) to pick up small objects.
Considerations	Provide safe objects for baby to explore.

Social/Emotional & Cognitive

1-3 Months	Smiles spontaneously, recognizes familiar faces.
4-6 Months	Laughs, enjoys playing with others.
7-9 Months	Responds to own name, plays peek-a-boo.
10-12 Months	Waves bye-bye, imitates sounds, shows stranger anxiety.
Warning	Discuss any social concerns with your pediatrician.

Nutrition Guide (Infancy & Toddlerhood)

Breastfeeding/Formula Feeding

Breastfeeding: On demand, typically 8-12 times in 24 hours for newborns.
Formula Feeding: Follow guidelines on formula container, usually 2-4 ounces every 3-4 hours for newborns.
Continue breastfeeding for as long as mutually desired. If formula feeding, use iron-fortified formula for the first year.
Avoid cow's milk until 1 year of age.

Introducing Solids

Timing	Around 6 months, when baby shows signs of readiness (good head control, can sit with support, shows interest in food).
First Foods	Iron-rich foods like pureed meats, iron-fortified cereals, and cooked, pureed vegetables/fruits.
Introducing	Introduce one new food at a time, waiting 2-3 days before introducing another, to watch for allergic reactions.
Texture	Start with smooth purees, gradually increasing texture as baby gets older.
Allergens	Introduce common allergens (eggs, peanuts, milk, soy, wheat, tree nuts, fish, shellfish) early and often, unless there is a family history of allergies or eczema.
Advice	Always supervise the child while eating.

Toddler Nutrition (1-3 Years)

Offer a variety of foods from all food groups (fruits, vegetables, grains, protein, dairy).
Limit juice intake to no more than 4 ounces per day.
Offer healthy snacks between meals (fruits, vegetables, yogurt).
Avoid added sugars, processed foods, and excessive salt.
Continue to offer cow's milk (whole milk until age 2, then reduced-fat or fat-free milk).

Common Childhood Illnesses

Fever

Definition	Temperature of 100.4°F (38°C) or higher rectally.
Treatment	Acetaminophen (Tylenol) or ibuprofen (Motrin) for fever reduction (follow dosage instructions carefully). Lukewarm baths. Light clothing. Encourage fluids.
When to Call the Doctor	Fever in infants under 3 months old. Fever with stiff neck, rash, difficulty breathing, or lethargy.

Colds

Symptoms	Runny nose, congestion, cough, sore throat.
Treatment	Saline nasal drops, nasal suction for infants, humidifier, rest, fluids. Avoid over-the-counter cough and cold medicines in young children without consulting a doctor.
When to Call the Doctor	Difficulty breathing, high fever, ear pain, persistent cough.

Ear Infections (Otitis Media)

Symptoms	Ear pain, fussiness, fever, difficulty sleeping, pulling at ear.
Treatment	Pain relievers (acetaminophen or ibuprofen). Antibiotics may be prescribed by the doctor.
When to Call the Doctor	Suspected ear infection. Symptoms worsen or do not improve after 2-3 days.

Vomiting and Diarrhea

Treatment	Oral rehydration solutions (Pedialyte, etc.) in small, frequent amounts. Avoid sugary drinks. BRAT diet (bananas, rice, applesauce, toast) may be helpful for older children.
When to Call the Doctor	Signs of dehydration (decreased urination, dry mouth, no tears when crying). Bloody stool or vomit. Severe abdominal pain.

Safety Tips

Car Seat Safety

Use a rear-facing car seat for as long as possible, until the child reaches the maximum height or weight limit of the seat.
Once the child outgrows the rear-facing seat, use a forward-facing car seat with a harness until they reach the maximum height or weight limit of the seat.
After outgrowing the forward-facing car seat, use a booster seat until the child is 4'9" tall and between 8-12 years old.
Always place the car seat in the back seat.

Home Safety

Poison Prevention	Store all medications and cleaning products out of reach and sight of children. Keep products in their original containers.
Choking Hazards	Keep small objects (coins, button batteries, small toys) away from children. Cut food into small pieces.
Water Safety	Never leave a child unattended near water (bath tub, pool, bucket). Empty buckets immediately after use.
Fire Safety	Install smoke detectors and carbon monoxide detectors. Test them monthly. Keep matches and lighters out of reach.
Burns	Set water heater temperature to no higher than 120°F (49°C). Use stove guards. Keep hot liquids away from children.

Safe Sleep Practices

Place babies on their backs to sleep, on a firm sleep surface (crib or bassinet) with a tight-fitting sheet.	
Keep the sleep area free of soft objects, such as pillows, blankets, bumpers, and toys.	
Avoid overheating the baby. Dress them in light clothing.	
Share a room with the baby for the first 6 months, but not the same bed.	
Advice	Never let your child sleep in a car seat, stroller, or swing for routine sleep.