

Healthy Habits

0-6 months



five two one
almost none

www.521almostnone.com

NUTRITION

Feed me breast milk or baby formula with iron for the first year. Wait to start solid foods until I am 6 months and show signs I am interested in eating when you eat.

Signs I Am Hungry

I will move my arms and legs a lot. I will turn my head and open my mouth. I might suck on my hand or fuss a little. Please feed me on schedule or before I cry. I eat best when I am calm. Find a quiet place when it is time for me to eat.

How will you know I am eating enough?

ACTIVITY

I like to play and learn by moving my hands and feet, trying to roll over, trying to hold up my head and holding and pulling your finger.

A play mat with toys suspended above me will give me the opportunity to kick and reach and make me stronger.

Remember, a swing or bouncy seat doesn't count as active play. Be sure to limit the amount of time I spend in these.

Make playtime active time!

SCREEN TIME

Aim not to expose me to TV.

Avoid putting a TV in my bedroom.

TV is not the way I learn. My best teachers are my family. I learn when you look at me and talk to me.

If you can't turn off the TV completely, try thinking about when and why you use it. Is the TV a guest at your dinner table? Is it on in the background to keep you company?

Start by turning off the TV during mealtime and playtime. This will help you get more active time with me.

Signs I Am Full

I will stop sucking and let go of the nipple. I will look relaxed or sleepy. Ask me if I am full and offer the breast or bottle again to make sure I do not want to eat more. Let me decide if I want to stop eating. Once I get full, I might frown, fuss and kick if you keep feeding me.

I eat more when I am having a growth spurt. I will want to nurse longer or more often, or I may act hungry after I finish a bottle.

I wet 6 or more diapers a day and the doctor says I am gaining weight and growing well.

Give me lots of supervised "tummy time!" Tummy time helps me get stronger and gets me ready to sit up and crawl.

Starting around age 3 or 4 months, you can lay me on my back and gently pull my arms toward you, so I can sit. Help me stand and sit over and over again until I am tired. This can be a fun bonding time for us.

Take 5 to 10 minute active breaks throughout the day.

If you need your hands free to get things done, but I don't want to be put down, put me in a baby wrap or carrier. I will be happy to snuggle close to you and you will be able to do the things you need to do.

PARENTING TIPS

Let me see you eating healthy and moving. You are my role model.

Build a team of family, friends and care givers who help me eat healthy and be active.

Talk to other parents. Join a play group, or find online support groups.

Play with my hands and feet as you smile, laugh, sing and talk to me.

Respond to me quickly when I cry or show you that I'm hungry or tired.

In my first 2 months I need 16 to 18 hours of sleep each day. From 2 to 6 months old my naps and nighttime sleep should add up to 14 to 15 hours daily.

Hold me often :)

CREATE & KEEP REGULAR ROUTINES

Regular Meals

Daily Physical Activity

Enough Sleep

Local & Online Resources

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La Leche League Breastfeeding support and groups. <http://www.lllofnc.org>

Mission Breastfeeding Center <http://www.missionchildrens.org/hospital-services/breastfeeding-center>

Parkridge Hospital Lactation Consultant <http://www.parkridgehealth.org/node/2273>

Smart Start Information about local parenting classes, reading programs and/or play and learn groups:

Buncombe County (828) 350-2932 <http://www.smartstart-buncombe.org/index.php/fam-programs/famplaynlearn>

Haywood County (Region A Smart Start) (828) 586-0661, <http://regionakids.org>

Henderson County (828) 693-1580, <http://www.smartstarthc.org>

Transylvania County (828) 877-3025, <http://www.smartstarttransylvania.org>

Nutrition, Activity and Parenting Tips <http://www.healthychildren.org/English/healthy-living/growing-healthy>

sixtysecondparent.com

Text4Baby.org

Triple P Parenting Programs <http://www.triplep-parenting.net/nc-en/home>

Buncombe County (828) 351-8098

Go Smart an in-browser app for desktop, tablets, or smartphones with instructions for active play for children 0-5
<https://gosmart.nhsa.org>

**WIC (Women, Infants & Children)
At Your Local Health Department**

Buncombe County (828) 250-5000

Henderson County (828) 692-4223

Haywood County (828) 452-6701

Transylvania County (828) 884-3242



Adapted by WNC Healthy Kids and WNC Pediatric Care Collaborative from NC DHHS Division of Public Health, Nutrition Services Division; ZeroToThree.org; and American Academy of Pediatrics' HALF Implementation Guide and HealthyChildren.org

For more tips & links to these resources, visit <http://www.521almostnone.com/resources/additional-resources>

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