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## *Information for You from Your Health Care Team*

### **Developmental Milestones/Activities/Issues Infancy (6-12 Months)**

#### **Milestones:**

- Develops stranger anxiety
- Rolls from back to stomach
- Passes objects from one hand to the other
- Up and down chewing, showing a readiness for solids
- Sits without support
- Begins crawling
- May say mama, dada, and 1-3 other meaningful words
- Pulls to stand

#### **Nutrition for your baby:**

- **Breastfed babies** - Your breast milk continues to be the most important food for your baby until one year of age. You may start giving your baby supplementary foods now. Start with iron fortified rice cereal.
- **Formula fed babies** - Continue formula with iron. Feedings are usually every 4 hours during the day. He or she will be starting solid foods. You can start to wean your baby from the bottle to a cup.
- **Solid foods** - Start with iron fortified rice cereal. Then introduce baby food. Advance to any table foods that may be easily chewed. Babies should be encouraged to use their hands to feed themselves and to use a spoon. **DO NOT GIVE YOUR BABY NUTS, SMALL CANDY, POPCORN, HOT DOGS, GRAPES OR ANY HARD RAW VEGETABLES (like carrots) OR FRUITS (like apples).**

#### **Activities:**

- Provide things that make noise
- Provide a mirror to look at self
- Offer a chance to feed self
- Provide stacking toys and toys on a string
- Play peek-a-boo and patty-cake

#### **Issues Related to Hospitalization:**

Development of trust is important at this age. Your baby meets many different medical staff in the hospital and may become distrustful. Spend as much time as possible with your baby. Bring objects (toys, stuffed animals, blanket) from home that will make your baby feel more comfortable.