

6 – 9 months

- Finger foods – bread/crackers
- Porridge e.g. cream of wheat/oats
- Callaloo/mashed potatoes/eddoes/dasheen/yam
- Split peas – dhal consistency
- A high chair is useful as baby is now sitting up
- Baby should have 3 meals a day.
- No extra sugar or salt is needed

9 months

The aim is to be eating out of the family pot by 9 months. Offer strips of chicken or beef or fish or more legumes (for vegetarians). At this age, your baby should be having three meals a day.

The volume of milk consumed will decrease. You may start offering the cup. Baby's growth rate will slow down.

1 year

Milk is no longer the main food source. Your baby should be off the bottle (latest 15 mths) and consuming other solid foods. Late weaning is difficult to interrupt, since habits are difficult to change. By this age, no more than 2 cups of milk per day is the recommended intake. You may change to cow's milk. Before 1 year of age, cow's milk has insufficient iron, and causes hidden bleeding from baby's gut. Milk may be offered in a cup or with a straw.

If your baby is still consuming large volumes of milk at this age, there is a risk of problems with anemia, poor growth and dental caries (bottles in the mouth especially at night, promotes caries).

CONTACT INFORMATION

TELEPHONE
645-9605

FAX
663-0855

WEBSITE
www.frontierkidscare.com

E-MAIL
info@frontierkidscare.com

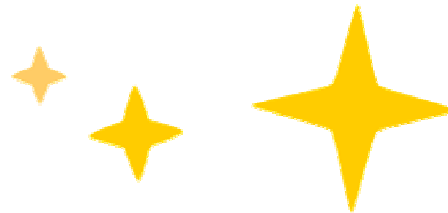
FRONTIER KIDS CARE
Unlocking Full Potential



DR. ROSE MARIE THOMAS
PAEDIATRICIAN
M.B, B.S. FAAP

MCDONALD PLACE
#23 MC DONALD STREET,
CUREPE

NEWBORN
INFORMATION



COLIC AND CALMING THE FUSSY BABY

Colic is unexplained crying (not due to pain or hunger) that lasts for 1-2 hours and the child usually acts fine between bouts. The baby usually stops crying when held.

There is a new technique that was developed by Dr. Harvey Karp MD, and is used in a clinic he runs for fussy babies.

The four S's

Swaddling - Wrapping baby snugly in a blanket so that their hands are held firmly at their sides. This mimics the snug feeling they had in the womb

SideTurning your swaddled baby on to their sides, almost facing down

Sshing - Saying a sshing sound into baby's ear. Remember that baby is accustomed to loud sounds when in mummy's tummy.

Shaking - Gently shaking baby

These 4 S's, when used together have been successful in calming fussy babies. Ask to see the DVD **The Happiest Baby on the Block**.

FEVERS

What is a fever?

- A body temperature above normal (98.6F / 37C)
- Rectal > 100.4F / 38C Oral > 99.5F / 37.5C
- Armpit > 99F / 37.2C

What causes a fever?

Fever is a symptom, not a disease. It is a normal response to infections. It helps to fight infections by turning on the body's immune system. Most fevers with viral illnesses last 2-3 days and are not harmful to children.

What can you do?

- Young babies with fever need to be seen **RIGHT AWAY**, so contact your paediatrician !
- In older children:
 - Keep child cool – cool clothing with no blankets.
 - Give lots of cold fluids to drink
- In fevers > 102F / 39C (taken rectally)
 - Give acetaminophen every 4-6 hrs or ibuprofen every 6-8 hr
- Contact your paediatrician
 - if your child is listless or behaving strangely
 - if there is a specific complaint like sore throat or earache
 - Fever >104F (40C) or one that lasts more than 2days

GUIDE TO INTRODUCING SOLIDS

Birth to six months

The World Health Organization and the American Academy of Pediatrics both recommend, as the gold standard, exclusive breast-feeding to age 6 months. If not breast, an infant formula that contains iron (not low iron) should be used as iron is needed for brain growth. Baby's stomach can't digest anything but lactose (the sugar in milk) Breast-fed babies do not need extra water.

Six months

Solids may be introduced as baby is losing the tongue-pushing reflex (4 mths) and is sitting up (6 mths)

- Cereal may be started in a bowl with formula or breast-milk. Cereal in a bottle prevents baby from learning to advance to an adult type diet, and one may over feed and encourage obesity. Start with rice, as there are fewer allergies.
- Fresh fruit such as banana, mango, watermelon may be started.
- Fresh juices squeezed to a cup or bottle e.g. watermelon, apple carrot. Citrus has a higher incidence of allergies.
- Extra water may be used.
- If your baby is formula fed, solids may be started at 4 months.