

Early Insight: Helping parents raise healthy babies in the first 4 months



Sleeping

- 1 to 4 month olds sleep 11 to 18 hours per day
- Babies sleep for a few minutes to a few hours at a time
- White noise may help your baby sleep
- Give your baby a chance to go back to sleep on own after waking at night.

Fussy

- Newborns cry up to 3 1/2 hours per day, decreasing around 2 months
- Hunger is only one of many reasons why babies cry
- A crying baby may not be hungry
- Try the 5 S's to calm your baby

Active Social Play

- Babies can lift their heads, look at and reach for new things
- Around 2 months of age, practice tummy time with your baby 2-3 times daily, 10-15 minutes at a time



Your Baby is Unique!

- Learn to read your baby's signals
- Try different soothing strategies
- Use different routines for the day and night



Alert & Calm



Drowsy

- Drowsy babies rub their eyes, yawn, or get a little fussy
- Put your baby to bed between 7 and 8 pm
- Begin to use a bedtime routine
- Put your baby to bed drowsy but still awake

Feeding

- Your baby only needs breastmilk and/or formula
- 1 to 2 month olds eat 2-3 oz. every 2-3 hours (8-12 feedings daily)
- 2 to 4 month olds eat 2-4 oz. every 2-4 hours (8-12 feedings daily)
- How much your baby eats may differ, local to meal and day to day
- Learn your baby's hunger and fullness signs

