

BABY'S DAILY TIME CARD*

First 4 Months

By Rae Russell
Extension Nutritionist

- 4-hour feeding 3-hour feeding
- 6:00 a.m. 6:00 a.m. Breast feeding.
Leave in crib to sleep.
- 9:15 a.m. 8:15 a.m. Cod liver oil, then tomato juice or orange
juice. Bath. Before bath let baby kick
and play freely on bed a few minutes
without clothes.
- 10:00 a.m. 9:00 a.m. Breast feeding.
- 10:20 a.m. 9:20 a.m. Out of doors till feeding time.
Sun bath and long nap in sun if weather
permits. Be sure eyes are protected
from direct sunlight. Drink of water
after nap.
- 2:00 p.m. 12:00 noon Breast feeding.
- 2:20 p.m. 12:20 p.m. Out of doors as long as weather permits,
in sun except on very hot days.
Long nap. Drink of water after nap.
- 3:00 p.m. Breast feeding.
- 3:20 p.m. Out of doors as long as weather permits.
- 5:15 p.m. 5:15 p.m. Undress for night. Before putting on
baby's night clothes let him kick and
play a few minutes on bed. Play must
not be exciting nor rough.
- 5:45 p.m. 5:45 p.m. Cod liver oil, then tomato juice or orange
juice.
- 6:00 p.m. 6:00 p.m. Breast feeding.
- 6:20 p.m. 6:20 p.m. Bed; lights out, windows open, door shut.
- 10:00 p.m. 10:00 p.m. Breast feeding.
- 2:00 a.m. 2:00 a.m. Breast feeding (this feeding should not
be given after first two months.)

* Children's Bureau, U. S. Department of Labor.

TRAINING THE BABY

First 4 Months

Parents must work together from the baby's birth to teach him good habits

FEEDING—Feed the baby regularly by the clock, every four hours or every three hours, according to your doctor's advice. Before and after feeding hold up the baby and pat him on the back until he belches.

SLEEP—Let the baby's sleeping periods be regular. After each feeding leave him alone to sleep. During the day have him sleep outdoors in the sunlight if the weather permits. Be sure eyes are protected from direct sunlight. When putting him to bed for the night open the windows of his bedroom, put out the light, and shut the door. Every baby must sleep in a separate bed.

TOILET HABITS—Begin bowel training in the second month.

EXERCISE—Give the baby exercise regularly. Twice a day, before bathing him in the morning and after undressing him for the night, let him kick and play freely on the bed for a few minutes without clothes. Also hold him and play with him gently. The play must not be exciting nor rough.

CRYING—Do not spoil the baby by picking him up every time he cries. Crying may mean that he is hungry or uncomfortable or merely that he wished to be noticed. Find out whether he is uncomfortable, but do not rock him nor pick him up nor feed him before his regular time just to stop his crying. A certain amount of crying is not harmful; it even gives him some exercise.

SUN BATHS—Begin sun baths when the baby is 3 or 4 weeks old. Children's Bureau Folder No. 5, Sunlight for Babies, may be secured by writing the Extension Service, State College of Washington.

BABY'S DIET

Breast milk—Nurse the baby regularly by the clock (See Training, above).

Cod liver oil—When the baby is 2 or 3 weeks old give him cod liver oil tested for Vitamin D (the antirachitic factor). Read the label to be sure the oil has been tested. Begin with a few drops twice a day and increase amount until baby is given 1/2 teaspoonful twice a day. As the baby gets older give more, until at 4 months he is getting 2 teaspoonfuls twice a day. Give the oil when the baby is undressed for the bath and for the night.

Fruit juice—Give tomato juice, fresh or canned, or orange juice by the end of the first month. Begin with 2 teaspoonfuls tomato juice or 1 teaspoonful orange juice in an equal amount of cool boiled water. Increase this gradually to 2 tablespoonfuls tomato juice or 1 tablespoonful orange juice twice a day. Both should be strained.

Water—Two or three times a day (more often in summer) offer the baby boiled water, not sweetened. He may refuse it but it should be offered him anyway.