

# BABY'S DAILY TIME CARD\*

5th and 6th Months

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- 6:00 a.m.....Breast feeding.  
Leave alone in crib to sleep or play.
- 9:15 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.....Cooked cereal, then breast feeding.
- 10:20 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.....Egg yolk, vegetables mashed through a strainer (from sixth month on), breast feeding.
- 2:20 p.m.....Out of doors as long as weather permits, in sun except on very hot days. Short nap. Drink of water after nap. Play.
- 5:15 p.m.....Undress for night; before putting on baby's night clothes let him kick and play on bed a few minutes. Play must not be exciting or rough. Cod liver oil, then tomato juice or orange juice.
- 6:00 p.m.....Cooked cereal, then breast feeding.
- 6:20 p.m.....Bed, lights out, windows open, door shut.
- 10:00 p.m.....Breast feeding.

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

# TRAINING THE BABY

## 5th and 6th Months

Parents must work together to teach the baby good habits.

**FEEDING**—Feed the baby regularly by the clock. Give new foods in small amounts at first, and the baby will learn to take more of them. He may refuse a new food or spit it out because he has not yet learned how to swallow solids. Keep on giving him the new food from day to day, and he will learn to take it. Begin to teach the baby to hold the bottle while drinking water.

**SLEEP**—See that the baby's waking hours are in the daytime—in the late afternoon—so that he will not be wakeful at night.

**TOILET HABITS**—Keep on training for regular bowel movements.

**EXERCISE AND PLAY**—Put into the baby's crib simple washable toys that will not break, such as a rattle and a wooden doll. Tie them to the crib with short tapes. Give exercise morning and evening. (See card for first 4 months.)

**SUN BATHS**—Keep on giving sun baths. Let the baby sleep in the sun all morning if the weather permits. On the hottest days do not put him in the sun between 11 a. m. and 3 p. m.

## BABY'S DIET

**Cow's milk**—If the doctor advises it, one feeding a day of boiled cow's milk mixture may be given instead of a breast feeding.

**Cereal**—Twice a day (before the 10 a. m. and the 6 p. m. breast feedings) give a cooked cereal such as farina or oatmeal. At first give  $\frac{1}{2}$  to 1 tablespoonful of the cereal at a time, cooked thin. Give more and more until the baby gets 3 tablespoonfuls twice a day. Make the cereal thicker as the baby gets used to it.

**Vegetables (sixth month)**—Green vegetables should be given every day—spinach three times a week, if it can be had, as it is the best vegetable for the baby. Carrots, new green peas, asparagus, chard, fresh green lima beans, string beans, cooked lettuce, and young beet greens are also good. Cook leafy vegetables 10-15 minutes without adding any water (enough water is left on them after washing). Cook root or stalk vegetables, chopped fine, in a little water in a double boiler, 20-45 minutes. Put the cooked vegetables through a sieve or strainer. Begin by giving 1 teaspoonful a day and increase the amount to 1 tablespoonful.

**Egg yolk**—The yolk of an egg may be given—a little at first (at the 2 p. m. feeding) and then more until the baby gets a whole yolk daily, soft boiled, hard boiled and mashed, or coddled.

**Cod liver oil**—Two teaspoonfuls of cod liver oil twice a day.

**Fruit juice**—Two tablespoons of tomato juice or 1 tablespoon of orange juice twice a day.

**Water**—Offer the baby boiled water, not sweetened, once or twice a day.

Published and distributed in furtherance of the Act of May 8, 1914 by the State College of Washington, Extension Service, F. E. Balmer, Director, and U. S. Department of Agriculture cooperating.