



Developmental Notes - Three Months

Milestones:

By three months of age most infants will vocalize with laughs, shrieks and yells. They will also bat at objects. A great toy to promote this is a “jungle gym” or a toy bar on the “sassy seat”.

Social Life:

Since your baby is still so young, give the infant any attention he/she desires. You cannot spoil your baby by picking him/her up. So go ahead and hold your baby if he/she appears fussy. Many infants will have a “fussy period” in the evening. This usually lasts for a few weeks and then goes away. If your baby cries constantly and cannot be consoled, please call the office.

Safety:

The car seat should be placed in the back seat of the car facing rearwards. Do not place the seat on anything but the floor when the seat is outside of the car. Never leave a baby unattended on a bed or changing table as the infant may learn to roll over in the third or fourth month of life. Select toys that are unbreakable, contain no small detachable parts or sharp edges, and are too large to swallow.

Turn your hot water heater down to a maximum of 120 degrees Fahrenheit. This will greatly reduce the risk of scald burns.

Sleep Position:

The American Academy of Pediatrics recommends that all infants be put to sleep on their backs.

Diet:

Breastfeeding: Every two to four hours as needed.

Formula: Use an iron containing cow’s milk based formula every two to four hours as needed. Your doctor will help you determine if a special formula is needed. Most babies this age eat 24 to 32 ounces per day. Your child will determine the amount he/she needs.

Cereal: Infants generally do not require any solids at this age. We will advise you when your child can begin to start solid foods. Also, there is no scientific evidence that feeding an infant cereal will make them sleep through the night.

Honey: Do **NOT** give your child raw or uncooked honey in the first year of life. Honey may contain botulism spores. Botulism is a complicated disease that can cause muscle paralysis. Please do not feed your infant raw or uncooked honey or put it on your child's pacifier.

Vitamins:

All infants require vitamin D to prevent rickets and vitamin D deficiency. Regretfully, breast milk does not provide this essential vitamin. Therefore, all breastfed infants, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of Vitamin D per day.

Similarly, all non-breast fed infants who receive less than 33 ounces of Vitamin D-fortified formula, should receive vitamin supplementation with at least 400IU (international units) of Vitamin D per day.