

My Baby

at 5 months



Baby Shots



Next month I will need:

- DTaP
- Polio
- HIB
- Hepatitis B
- Pneumococcal
- Rotavirus - oral
- Flu

Do I have an appointment for my shots next month?
They help protect me from diseases that can cause serious illness.

✓ Call my health care provider or health department (1-800-432-4121) to make an appointment.

By the 5th month,...

- ♥ Your baby is starting to get very busy.
- ♥ Your baby is smiling back at you when you smile.

Watch me grow! I am...

- Growing about 1/2 inch per month.
- Already double the weight I was when I was born!

What I need...

- To continue to breast or formula feed on demand during the day.
- To eat about 5-6 ounces at each meal.
- To wait to eat solid foods until I am 6 months old.
- To be able to sit up unsupported in the high chair before I start eating solid foods.

Don't forget... I can

- Start working on getting rid of my nighttime feedings.
- Learn how to help myself fall back to sleep at night when I wake up.

Show me love by...

- Giving me age-appropriate toys and playing with me. My attention span is getting longer!
- Talking with me as I start to babble.

You can keep my skin clear by...

- Giving me 2-3 baths per week.
- Changing my diaper when it's wet, but at night, let me sleep unless it's really dirty.

Keep me safe...

- I am starting to move around more and will soon be crawling. Make sure the house is safe for me.
- Even if I may be able to sit without support, never leave me alone in the tub.
- Make sure to put me to sleep on my back.
- Give me clean air to breathe. Encourage smokers to quit or smoke outside.
- I need to be in a rear-facing car seat until I am 1 year old (preferably 2), and at least 20 lbs.

Help take care of my oral health by...

- Wiping my gums with a soft cloth after meals, or brushing my teeth if I have them.

Exploring my world . . . I am

- Becoming more and more active and getting stronger everyday.
- Working on rolling from my back to my stomach, and from my stomach to my back, but I may not be there quite yet.
- Putting more weight on my legs and am working on being able to sit unsupported, but I may still need support so I don't tumble forward.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Grasp a rattle and pass things from one hand to the other?
- ✓ Rake a surface to pick up small objects in my fist?
- ✓ Keep me safe—I love to explore, but I can quickly get into trouble, and easily choke on small objects that I'm learning to pick up with my hands.



The Path to Reading...

5 months

It's never too early to start making books and language an important part of your child's life. The small steps you take now will put your child on the road to reading success!

You can:

- ★ **Talk** during bath time, playtime, diaper changing time, anytime! Babies learn to talk when you talk to them.
- ★ **Sing** during quiet time and rest time. Babies love to hear the rhythm of your voice and it helps to calm them.

Book Corner: Babies like books with simple, large pictures or designs with bright colors. Black, white, and red colors are easy for baby to see at this young age.

Check out these websites and apps for FREE info!



WIC Website for Feeding Information
www.michigan.gov



March of Dimes website for baby care videos, and lots of general health information for you and your baby:
www.marchofdimes.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



POISON CONTROL
Available 24 hours a day
7 days a week

1-800-222-1222



Find us on Facebook!



**HEALTH
DEPARTMENT**
of Northwest Michigan

Follow us on Twitter!



N-741; 12/16

nwhealth.org
(800) 432-4121



205 Grove St.
Mancelona, MI 49659

209 Portage Dr.
Bellaire, MI 49615

220 W. Garfield
Charlevoix, MI 49720

3434 M-199, Suite A
Harbor Springs, MI 49740

95 Livingston Blvd.
Gaylord, MI 49735

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
 - (2) Fax: (202) 690-7442; or
 - (3) Email: program.intake@usda.gov.
- This institution is an equal opportunity provider.