

PARKSIDE PEDIATRICS, S.C.
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Parkside Medical Center
at Lutheran General Hospital
1875 Dempster Street, Suite 650
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5
Thurs. 12-8
Fri. and Sat. 9-1
Phone: 847/823-8000

Name _____ Date _____

Height _____ Weight _____ Head _____

FIVE MONTH OLD INSTRUCTIONS

FEEDING:

A typical child is feeding 4 to 5 times per day during the parent's waking hours. Notify us during office hours if your child is consistently feeding more than 5 to 6 times per day or is consistently consuming more than 32 ounces of Similac Advance per day.

SUPPLEMENTAL FOODS:

If your child is consistently consuming more than 32 ounces of formula or breastfeeding more than 6 times per day, discuss with us the possibility of introducing cereal into their diet. Start with infant rice cereal with iron mixed with 3 times as much formula, or breast milk to make a watery paste. Decrease to 2 times as much formula or breast milk as your infant learns to swallow a thicker paste. It is preferable to feed your child the cereal by spoon rather than adding it to the bottle. The first 2 to 3 weeks will be the messiest as your child learns proper coordination. A helpful hint is to use a coated spoon, place the spoon in the mouth, press down on the tongue, and insert the spoon a little further so the cereal is more near the rear of the mouth. Initially start with 1 teaspoon at the breakfast and dinner feedings. You may gradually increase the amount so as to satisfy your child up to a maximum of 4 tablespoons of dry cereal twice a day. However, do not increase to the point that your child breast feeds less than 4 times or takes less than 28 ounces of formula per day since these provide the most important nutrients for the growing child. After a week of using rice cereal with iron, you may try infant barley or oatmeal, but this is not necessary. Continue to use cereals with iron. Each cereal should be given at least a 5 day trial by itself before introducing a new type, so as to allow time to evaluate a possible intolerance to the new food. For this reason, do not use "mixed" cereal until each individual ingredient is tried separately.

WATER:

Extra water is not necessary at this age. If water is used for an occasional small supplement or for formula preparation, the best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

VITAMINS:

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron, an over the counter vitamin, will be continued at a dose of 1.0 ml per day. If your child is consuming 12 or more ounces of formula per day, Similac Advance should be used and no supplemental vitamin is necessary.

SLEEP:

The average child is sleeping 9 to 10 hours at night and taking 2 to 3 2-hour naps during the day. If your child is still frequently waking at night or is excessively tired during the day, discuss possible solutions with us during office hours.

DEVELOPMENT:

Over the next month your child will begin to hold the bottle without assistance, start to transfer objects from hand to hand, and laugh when hidden in a towel. The child will not only smile at a mirror but will also start to vocalize. When pulled to a sitting position, the child will lift the head up off the ground. Continue reading books to your child, at least 2 per day.

SAFETY:

Your child will soon be actively exploring and putting everything in the mouth. Therefore, keep all plastic wrappers and balloons out of reach of your child. Avoid toys that are small enough to fit through the center of a toilet tissue roll so as to prevent choking. Check stuffed animals periodically for loose eyes and noses. Make sure the squeaker device in the baby's toys are not detachable.

Due to safety factors and potential developmental delay, we strongly recommend that you NEVER place your child in a walker, exersaucer, or Johnny Jumper.

Due to the risk of choking and cavities, never put your child to bed with a bottle.

Avoid loose strings on toys so as to prevent entanglements of the baby's toes, fingers, or necks. This includes not using attachment devices for rattles or pacifiers especially while your child is sleeping.

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible.

Pillows and stuffed animals pose a suffocation risk and should not be in the crib with your sleeping child.

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number should be readily available at all times, including in your cell phone, along with the number for the nearest emergency room and our office.

CAR SEAT:

Continue to position your child's car seat facing the rear of the vehicle until 24 months of age. This provides the most stability during a head-on collision, the most likely event statistically. The neck muscles, still relatively weak, will not give adequate support during a collision, thereby risking injury to your infant's spinal cord if he/she is facing forward. Also note, most car accidents occur during a 'quick trip to the store'. ALWAYS use the car seat when the vehicle is moving.