Ask your doctor about ways to support your baby’s healthy growth.

Feeding & Growth
- It is best to give your baby only breast milk for the first 6 months.
- Babies can try solid food at 4-6 months. Before 4 months it is not safe.
- Only feed your baby when you see signs of hunger. Stop feeding at signs of being full.
- If you are worried about how your baby is growing, ask your doctor.

Play Time
- Babies of all ages need active time.
- For young babies it can be “tummy time,” or trying to get a toy just out of reach.
- Older babies need a safe space to roll, crawl, sit up, and stand.

Sleep
- How much sleep babies need in a 24 hour period:
  - 0-3 months: 14-17 hours
  - 4-11 months: 12-15 hours
  - 1-2 years: 11-14 hours

Screen Time
- Babies under 18 months should not have any screen time (no watching TV, computers, tablets or phones) except video-chatting.
- After 18 months, babies can be shown high-quality educational programming for no more than 1 hour a day.