




Dear Parent,

Keiki ‘O Hawai‘i is for fathers as well as mothers. Today, with more mothers working, fathers are becoming more involved in the care of their babies. In some families, the father is the main caretaker for his child.

There’s no question that fathers, as well as mothers, can form close relationships with their babies. Fathers can love, guide, teach, and nurture their babies. How much should fathers be a part of their babies’ lives? As much as they can be.



Professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.

HOW I GROW	HOW I TALK	HOW I RESPOND	HOW I UNDERSTAND	HOW I FEEL
<p>I turn my head when held upright.</p> <p>I lift my head when I'm on my back and grab my feet with my hands.</p> <p>I prefer sitting to lying down—it's more interesting.</p> <p>I stretch my legs out straight when I'm on my back or my stomach.</p> <p>I put most everything I can reach in my mouth.</p> <p>I splash and kick with my hands and feet when I'm in the bathtub.</p> <p>I like to try to reach out to toys on my own. It always takes me a lot of tries before I finally get the toy into my hand.</p>	<p>I babble and imitate sounds like coughing and clicking my tongue for long periods of time.</p> <p>I coo, grin, or squeal with joy when you talk to me.</p>	<p>I love to see myself in the mirror.</p> <p>I like some people and am shy or scared of others.</p> <p>I'm still fascinated by my hands.</p>	<p>I'm starting to be able to judge how far away a toy or person is from me.</p> <p>I show my interest in things and people by looking at them and my facial expression gives you clues about what I'm thinking.</p> <p>I may get bored by the same pictures or shapes on my mobile or wall, but if you change them just a little bit, I will become fascinated again.</p>	<p>I get excited when I'm having fun—everything is a game to me.</p> <p>I may cry when you stop paying attention to me or take a toy away.</p>
				

HOW YOU HELP ME LEARN

- Encourage me in play activities that use both eyes and both sides of my body.
- Play with me in front of a mirror.
- Encourage my babbling. Repeat my sounds but don't try to "correct" the sounds.
- If I have figured out how to click my tongue, click your tongue back; I think that's a great game.
- Place a blanket, washable stuffed animal, or soft doll next to me when I go to sleep. Always use the same item. It may become very special to me and I can hold it to help me calm down.
- If I can sit up by myself, I'm too old for mobiles and crib gyms. I might pull them down. Read me a book as part of my bedtime routine.

5 MONTHS OLD

WHAT IT'S LIKE TO BE

HOW I GROW	HOW I TALK	HOW I RESPOND	HOW I UNDERSTAND	HOW I FEEL
<p>I rock, roll, and twist my body.</p> <p>I kick my feet and suck on my toes.</p> <p>I keep my head and back straight when I sit. I still may need a little help from you.</p> <p>I stand up (if you hold me under my arms), jump up and down, and stamp my feet.</p> <p>I have fairly good aim when I grab at something.</p>	<p>I watch your mouth and try to imitate you when you talk to me.</p> <p>I like to play with sounds. I make sounds like “ee”, “ah”, and “ooh.”</p> <p>I babble to myself, to my toys, and to people.</p>	<p>While I am in child care, I may never get too excited or too interested. But when you come to pick me up, I may burst into tears and make a fuss. It's hard to believe that I spent the day sleeping and waking quietly. I'm saving my energy for you. I'll quiet down, then be alert and ready to pay attention to you. Save some energy for me—smile at me and ask me about my day and tell me about yours.</p> <p>I may cry when I see strangers.</p> <p>I smile at familiar faces and voices.</p> <p>I look around when I hear sounds.</p> <p>I make sounds and interrupt your conversations because I love your attention.</p> <p>I want to touch, hold, turn, shake, and taste everything.</p> <p>I put a lot of energy into everything I do.</p>	<p>I recognize my name.</p> <p>I can tell the difference between myself and others in the mirror.</p> <p>I like to drop and throw things. I look for something if I drop it.</p> <p>I explore by touching your face, pulling your hair or beard, and poking at your eyes and mouth.</p> <p>I look around a lot; it is my way of gathering information.</p>	<p>I cling to you when you hold me.</p> <p>I may stop crying when you talk to me.</p> <p>I show joy, fear, anger, and pleasure.</p>



HOW YOU HELP ME LEARN

- Look at a picture book with me.
- Talk to me in complete sentences about what you are doing.
- Face me so I can watch your lips when you talk. I will try to imitate you.
- Play “peek-a-boo” games with me.
- Let me listen to music. Allow me quiet times too.

We give equal time and space to both sexes in Keiki ‘O Hawai‘i! That’s why we take turns referring to babies as “he” or “she”. (In this issue, we use “he.”) When we refer to “he” or “she,” we are talking about *all* babies.

✧ Introducing solid foods

Between five and six months, most infants are able to sit up alone and have developed control of their neck muscles. Being able to do this indicates a readiness to eat from a spoon, and solids can be introduced. This is an important time for you to talk with your doctor about his or her ideas on infant feeding.

Consider these suggestions when your baby is ready for solids:

- Begin with a little iron-fortified infant rice cereal or porridge diluted with formula or breast milk.
- Gradually add other cereals, then vegetables and fruits. Introduce new foods one at a time, at least one week apart.
- Watch for signs of allergy, such as rash, diarrhea or vomiting. If you are starting only one food at a time, you will know which is to blame. Temporarily discontinue that food if any of these signs appear.
- Do not give your baby honey, even on a pacifier, until he is at least a year old. Honey may contain botulism spores that are dangerous to infants.
- Use a baby spoon to feed solid foods. To make swallowing easier, place food well inside your baby's mouth. If you place food in the front of the mouth his tongue will push it out before he can swallow it.
- At first, babies will usually eat only a small amount of new food.



- Babies have a keen sense of taste and some show very definite, but changeable, food preferences. Present each food with a positive attitude. If your baby rejects something you've prepared, don't force it or take it personally. Serve it again a few weeks later, and he may like it. Relax—give your baby experiences with many nourishing, simply-prepared foods and let him develop his food preferences.



✧ Making baby's food

Commercial baby foods are nutritious, safe and convenient. However, they may cost more than home-prepared food. You can prepare your own baby food using a blender, food processor, or baby food grinder. For soft foods, mashing with a fork may be all that you need to do. Sanitation is particularly important for baby foods no matter how they are prepared.

To make your baby's food:

- Remove peels and seeds from fruits and vegetables.
- Cook most vegetables in just a little water or steam them.
- Don't add seasonings—not even sugar or salt.
- Remove all fat, gristle and skin from meat or poultry.
- If you prepare food for more than one day, immediately freeze the rest in ice cube trays. Then put the frozen cubes in labeled plastic bags to keep for up to a month.

SAFETY & YOUR BABY

✧ Using commercial baby food

Check the “circle of safety” on the baby food jar lid to be certain the vacuum seal has not been broken. Listen for a “pop” sound when you open the jar. Carefully check the ingredient label to be certain you know what you are feeding your baby.

- Don't feed your baby directly from a jar of commercial food until he is finishing the entire jar at a single meal. Saliva can spoil baby food quickly even when refrigerated.
- Use opened jars of baby food within three days.

GUIDANCE

✧ Meal times are important

Arrange your schedule so your baby's meal can be a time for loving and learning as well as eating. Talk or sing to your baby as you feed him. What your baby eats is your responsibility, but how much he will eat is something he can best determine.

If breast-feeding, enjoy this time of closeness. If bottle-feeding, it's tempting to tuck him in bed, prop his bottle, and go about your chores while he drops off to sleep. This propping deprives your bottle-fed infant of the cuddling that makes meal time so special. It could also cause ear infections.

YOUR BABY IS SPECIAL

Your baby learns about himself through the way people react to him. Words are important, but your actions, facial expressions, and tone of voice also give your child messages about himself.

Here are some non-verbal ways to tell your baby you love him and that he is important to you.

- Touch is the most important love message! Hold your baby in a gentle, secure way, giving tender caresses and affectionate hugs. Tell him you love him by letting your body express all the love you feel for him.
- Use your eyes to tell your baby you love him. Look at him eye-to-eye and smile.
- Hum, whistle, or play music to your baby. If the sound is soft, gentle, soothing, and full of joy and love, he will feel it.
- Rock your baby. Find a rocking chair and use it while you're giving the “love messages” mentioned above.



YOUR BABY'S HEALTH

✧ Use of fluoride

The military bases in Hawai'i have fluoridated water. However, water elsewhere may be low in fluoride. It is important to provide supplemental fluoride to help develop permanent teeth that are resistant to decay. Some prescription vitamin preparations contain fluoride, but others do not. If your baby is not receiving fluoride, check with your doctor.

✧ Hearing

Is your baby babbling or responding to your voice? If not, check with your doctor.



Q - I think my son is teething

**He wants to chew on everything
He is cranky and drools a lot.
What can I do to make him feel
more comfortable?**

A - As teeth push through the gums, your baby may feel some soreness and become cranky and irritable. If you put an ice cube in a clean cloth and rub it over his gums for a few minutes, it will ease the soreness. Letting him chew on a teething ring that has been chilled in the refrigerator also may help.

The first teeth usually appear at six months. Some babies get them much earlier and others don't get any teeth until they are a year or older. When teeth do come in, your baby may feel miserable. His drooling is normal. Don't blame fever, vomiting, diarrhea, or other signs of illness on teething. If your baby shows any of these signs, have him checked by your doctor.



Allow time each day for relaxation and exercise—you've earned it! These exercises only take a few minutes and will make you feel refreshed again:

- Lie flat on your back with knees slightly bent. Take a deep breath. Now breathe out slowly. Repeat five times.
- Raise your shoulders up to your ears. Hold while counting to four; then drop shoulders back to their normal position. Rotate your shoulders back, down, and around, first one way, then the other. Repeat a few times.
- Lie on the floor with your feet up on a chair. Place a cool washcloth on your face and think of the most peaceful scene you can imagine. Stay there for at least five minutes.



*Watch your diet.
What you eat
does make a difference
in how you feel.*

- Parents and babies learn together.
- Parents' needs are important.
- Your baby relies on you. You can rely on others.
- Guide your baby with love and limits.

For more information about Keiki 'O Hawai'i and its contents or to receive additional copies call The Parent Line at 526-1222 or 1-800-816-1222 toll free.

Keiki 'O Hawai'i describes a typical child at each age. These descriptions are based on the study of many babies.

Because your child is unique, he may do things somewhat earlier or later than is indicated.

If you have any question about your child's development, call your doctor or The Hawai'i Keiki Information Service System (H-KISS).

H-KISS is a statewide information and referral phone line for families with children ages 0-5.

H-KISS helps parents who have concerns about their child's development and/or have children with special needs.