

Q. What type of baby creams can I use ?

A. No baby creams with perfumes, but if infant is older than one month can use Lubriderm or Aquaphor non-scented lotions.

Q.What baby soap can I use on my babies first bath ?

A. Dove non-scented bar soap

Q. How can I prevent diaper rashes ?

A. By cleaning with warm damp wipes and applying Vaseline after every diaper change.

Q. Is congestion normal ?

A. Yes, congestion and sneezing is normal usually due to infant adjusting to new environment.

Q.How do I clean my infants umbilicus ?

A.Applying alcohol onto q-tips and cleaning around inner and outer umbilicus every diaper change.

Q. Constipation when should I be concerned?

A.Infants should have a bowel movement at least once every three days.

Q. When can I give my infant water?

A. Nine months of age when transitions to sippy cup.

Q. When can I give my infant gerber foods and rice cereal ?

A. Four months of age, rice cereal mixed with 3-4oz of water can be given for breakfast and stage one gerbers veggies can be given for lunch plus four formula bottles a day.

Q. When do I give stage two gerbers?

A. six months of age can move up to stage two gerbers ,ok to give protein meats

Q. When do I increase my infant meals?

A. six months of age increase to three meals ,three bottles of formula (bottle when awakes, cereal mix with fruit mid morning , gerber two noon then bottle in the afternoon following that in the evening gerber two finally bottle before sleep)

Q. When can I introduce egg ?

A. Nine months of age child can begin with egg yolks if no allergies (swelling ,skin rash and constipation) after one week can give WELL DONE whole egg.

Q. When can cheese and yogurt be given ?

A. Nine months of age

Q. What age can I give Fresh milk to my child?

A. 2% Fresh milk can be given at one year of age expect constipation due to change ,unless child is given lactose free formula will need to start with lactose free fresh milk to avoid allergies.

Q. Can I give sea food products to my child?

A. Ok to start at one year of age

Q . When can I begin juice ?

A. One year of age is recommended age for orange juice with pulp every morning (1/2 cup daily)