

A Healthy Baby Video Guide Name _____ Date _____

Block _____

1. What do they check for during your first doctor's appointment and on?
2. What can you expect during your doctor's appointments while you are pregnant?
3. What is the first connection between a mother and baby?
4. List positives for breast-feeding.
5. The longer you breast feed the _____ protection your baby has.
6. Milk is always _____ and _____.
7. The more the mother nurses the more _____ she makes.
8. Why do some mothers choose to breast feed?
9. List three situations in which women should not breast feed.
10. Describe benefits of bottle feeding.
11. When bottle feeding, what do you need to make sure to do?
12. Why should you never prop a baby up and let them feed themselves or put them to bed with a bottle?
13. Cow's milk should not be given to a child until when?

A Healthy Baby Video Guide Name _____ Date _____

Block _____

14. What are the three ways you can buy formula? Which is the cheapest?

15. Formula should not feel _____ or _____ on your skin.

16. Never use a _____ to warm formula.

17. How do you know if your baby is well fed?

18. Babies will _____ by six months.

19. Define well-baby checkup.

20. List a few common health problems for babies.

21. When should you see a doctor in the first year of life?

22. List four of the first vaccines a child receives.

23. List four more vaccines children get by the end of their first year of life.

24. Describe signs your child may be teething.

25. Name soothing techniques to help a child who is teething.

26. Around _____ a baby is ready for solid foods.

27. Why should you introduce new foods a week a part?

28. Play is a child's _____.

29. List a few unsafe foods for your child.