

Infancy Visit #13

- 5 Month Growth & Development
 - Teething



Topics for Next Visit:

- PIPE: Attachment
- PIPE: What Are Children Really Learning?
 - ASQ: 4-8 Months

Month 5: What's New?



Mirror, Mirror...

When I look in a mirror, I:

If you make faces in a mirror, I:

Learning about me...

I'm starting to learn about taking turns. I'm growing up!

- This is how I take turns when you and I are making sounds together:
- This is how I take turns when I make faces with you:
- This is how you are teaching me about taking turns:

Learning about you...

Parenting is a lot of work! How is it going?

Answer the following questions. Use a scale of 1 to 5.

1=Never 2=Rarely 3= Sometimes 4= Often 5 = All the time

- I make time to do things for myself. _____
- I'm getting a good amount of sleep. _____
- I enjoy spending time with my baby. _____

Look back at your answers. How could you increase your score by one point for each question? Write your answers here.

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Month 5: What's Next?

At five months I might:

- Move objects from hand to mouth
- Drop objects on purpose
- Roll over
- Focus on small objects
- Repeat one sound, such as "bah."
- Squeal, giggle, and make bubbling sounds

You can help me learn!

- Find a big box. Let me drop things in the box. Then turn it over & empty it.
- Fill an empty tissue box with scarves or small cloths. Let me have fun pulling them out.
- Put me on my back & put an interesting object out of my reach. Help me roll to get it.
- Talk to me when you diaper, bathe, & feed me. I learn from your words & tone of voice.
- Gently blow on my tummy. Does it make me laugh?
- Use a mirror to play with me. Watch my face. What do I do when you stand behind me? What if you make silly faces?

SAFETY CHECK

People are not allowed to smoke around me.

Mobiles are out of my crib now that I can reach them.

Nurse Instructions: When Will Baby Get Teeth?



| Teething symptoms | What can I do to help baby feel better? |
|-------------------------|---|
| Drooling | Drooling can cause irritation around baby's mouth. Applying a little petroleum jelly around the mouth and on the lips can protect the skin. |
| Chewing | A cold teething ring is very good for numbing the pain of teething. It can satisfy baby's need to chew. If you don't have a teether or teething ring, give baby a cold, wet washcloth. Chewing on this can soothe baby's gums. |
| Cranky or fussy | Teething is most painful for the first two to four teeth, because it's a new experience for the baby. The pain can make baby cranky. Try giving baby a dose of acetaminophen or ibuprofen to ease the pain. |
| Loss of appetite | Baby's gums are sore and sensitive. This may make eating uncomfortable. Give baby soft foods that are gentle on the gums. Cold foods may soothe baby's gums. |
| Gum swelling & soreness | Gently rub or massage baby's gums with your finger. Give baby a cold (refrigerated not frozen) teething ring or a clean, wet cool washcloth to chew on. You can also try hard, unsweetened teething crackers. |
| Low-grade fever | Some babies run a low-grade fever when teething. This is a fever lower than 100.5 degrees. Try giving baby a dose of acetaminophen or ibuprofen to lower the fever. * <i>If the fever is due to teething, it should pass within 24 hours. If it doesn't, baby may be sick with something else. You may need to call the doctor.</i> |
| Diarrhea | Some babies develop mild diarrhea when teething. Treat any soreness or rash with rash cream. * <i>If the diarrhea is due to teething, it should pass within 24 hours. If it doesn't, baby may be sick with something else. You may need to call the doctor.</i> |
| Pulling at the ears | Some babies feel tingling of the tooth nerves when teething. This can cause them to pull at their ears. If your baby sometimes scratches or rubs at his ear but seems happy and playful with only some bouts of fussiness, then the problem may simply be teething. * <i>If baby has a fever higher than 101 degrees, gets more fussy when lying down or being fed, and has recently had a cold with congestion, an ear infection is the more likely cause. Call the doctor.</i> |

Dad's Days: 5 Months

Dad's
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5 Months



WHAT MAKES A FATHER?

Is it legal ties? A blood relationship?

What matters is... being dependable.

What matters is... time with your baby.

What matters is... your love.

What matters is... YOU.

Babies need their dads. When you're involved with baby, he or she will do better in school and in life. You will do better in life and school, too!

I can tell baby knows my voice because:

When baby sees my face, he/she:

When I play with baby, he/she:

My baby's favorite way to cuddle:

My baby's favorite game to play:

One of the most important things parents can do for their baby is to show respect for each other.

My partner and I show respect by:

Why Won't My Baby Sleep?

It's hard when baby won't sleep. You and baby are tired. You both need sleep!

To learn why baby is not sleeping first check baby's comfort. Is baby hungry? Does baby need a diaper change? Is baby too warm or cool?

If these are not the problem, look at baby's day. What is going on to keep baby awake? Some common reasons are teething, illness, and growth spurts.

Teething

Teething often causes sleepless nights. The pain of teething keeps baby awake. Try to keep using your sleep routines. This keeps baby in the sleep patterns you are used to. When the tooth comes through, it will be easier to return to the usual sleep patterns.

Relieve teething pain. This will help baby sleep. Try:

- Gently rubbing or massaging baby's gums with your finger
- A cold (refrigerated not frozen) teething ring or a clean, wet cool washcloth to chew on
- Hard, unsweetened teething crackers



If baby is still uncomfortable and these tips have not helped, contact your healthcare provider. They may recommend a small dose of infant pain medication.



Illness

If baby is sick, it is hard to sleep. Baby will want to be held and cuddled a lot. Comfort baby during the illness. Keep your sleep routines as much as you can. Getting enough sleep will help baby get healthy again. When baby feels better, return to your sleep routines.

Growth Spurts

Babies have growth spurts during the first year of life. They grow physically. They also grow mentally. During mental growth spurts, the brain is very busy. Baby is excited to learn new things. This makes it hard to sleep. Keep using your sleep routines. Try the tips in the *Helping Baby Go to Sleep* handout.



** On May 31, 2018, U.S. Food and Drug Administration (FDA) warned against the use of over-the-counter (OTC) teething products containing a pain reliever (benzocaine) that can cause serious risk to infants and children.

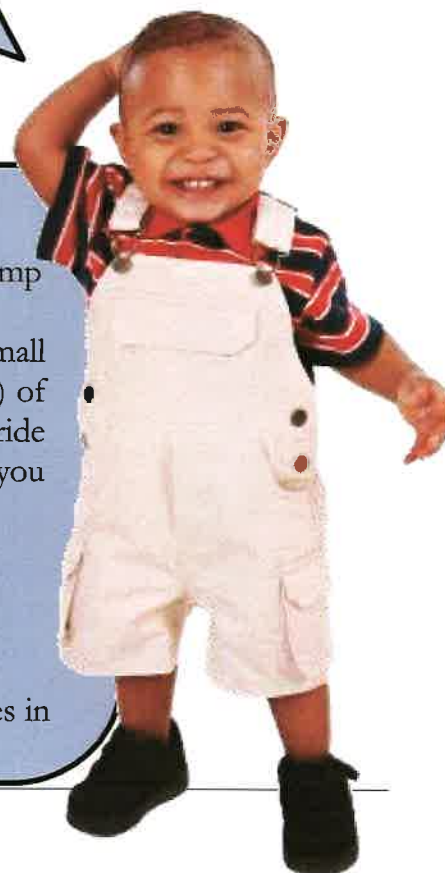
Caring for Baby's Teeth

My baby teeth are important to both of us!

- They help me chew and talk.
- They make room for my permanent teeth. That helps them grow in straight.



Thanks, Mommy, for helping me always have a great smile!!



To keep me smiling:

- It's never too early to start dental care! Clean my gums with a damp soft washcloth after I eat.
- When my teeth come in, clean them twice a day. Use a small toothbrush with soft bristles and a smear (size of a grain of rice) of fluoride toothpaste. After I turn 3, use a pea-sized dab of fluoride toothpaste smeared into the bristles. We brush for 2 minutes – you can sing a song while I brush to time how long it takes.
- Clean between my teeth too.
- Feed me a well-balanced diet. It will make my teeth strong.
- Only put breast milk, formula or water in my bottle – no juice!
- If you put me to bed with a bottle, fill it only with water.
- I should have my first dental check-up when my first tooth comes in – be sure to take me before my 1st birthday!



Healthy Teeth

- Children often get their first tooth by six months of age.
- By age three, children have twenty teeth.
- Front teeth fall out around six or seven years of age. The back teeth don't fall out until ten or twelve years old.



Taking care of your child's teeth

You will need:

- For gums – use a wet cloth or pad to keep gums clean. You do not need to put toothpaste on the cloth.
- For teeth - A toothbrush (small enough to reach every tooth)
- Fluoride toothpaste
- Dental floss

Steps:

1. Use a small amount of fluoride toothpaste
 - if younger than 3 years old - about the size of a grain of rice)
 - for 3 years and older – use a pea sized amount of toothpaste.
2. Place the head of the toothbrush on the side of the teeth. Angle the bristle tips against the gum line. Move the toothbrush back and forth, using a gentle scrubbing motion.
3. Brush the outer surfaces of each tooth. Brush upper and lower teeth.
4. Brush the inside surfaces of each tooth.
5. Brush the chewing surfaces of each tooth.
6. Gently floss between any teeth that touch.

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Language

Thread 1) Gestures & Meanings

- ☐ I can try to roll over and take or touch a toy that you offer.
- Roll over from my tummy to reach toward a bottle you offer me
- Lean toward you in my support seat and touch the spoon as you offer a bite
- Turn to my side to touch the cat as it walks by
- Reach for and grab a washcloth as you wipe my face
- Roll over from my back and grab for a toy that you place near me



Thread 2) Sounds & Words

- ☐ I can use my voice to make different sounds in a variety of activities.
- Make happy squealing noises as I look at you
- Use a whiny voice when I can't reach my pacifier
- Make raspberry noises while you're changing my diaper
- Make cooing sounds like "ahhh" when you move close to me
- Giggle as I splash in the tub

Play

Thread 1) Using Actions with Objects

- ☐ I can reach to take and hold an object while on my back or belly.
- Reach for my clean diaper while you're changing me
- Pull and hold the burp cloth on your shoulder while I'm nursing
- Grab the wet towel when you wipe my face
- Reach and pull my brother's hair when he lays down next to me
- Take and hold the stuffed toy you put near me during tummy time



Thread 2) Social Sharing with Objects

- ☐ I can enjoy interacting with you while holding an object.
- Grasp my spoon with your help, and watch you fix my food
- Get excited and look to you when I see you coming with my bottle
- Look at you and coo while I'm patting the dog
- Use my voice and smile while I hold a rattle
- Look toward you while I chew on my teething keys

Social Interaction

Thread 1) Social Attention

- ☐ I can shift my attention from you to an object and back to you.
- Look at the spoon with sweet potatoes on it and then look back at your face
- Watch you as you change my diapers, then notice the wet wipe you grab, and look back at you
- Notice you pet the dog, then reach out to the dog and look back at you
- Watch your face as you undress me, then look at my sock as you pull it off, and back at you as we giggle
- Look at you, then shift my attention to the colorful block you're holding, and look back at you



Thread 2) Intentional Communication

- ☐ I can use my voice and movements when I need something.
- Kick my legs and fuss to let you know I'm really hungry
- Grunt and move my arms when my toy is stuck
- Reach and use my voice when you're holding something I want
- Bounce my body and giggle when you pick me up
- Look at you and use a whiny voice to let you know I'm uncomfortable

Emotional Regulation

Thread 1) Sharing & Managing Emotions

- ☐ I can use different sounds to let you know I'm happy.
- Look at you and chuckle when you make a silly noise
- Squeal to show I'm happy when Grandma picks me up
- Make happy sounds when you hand me my bottle
- Cackle and wave my arms with excitement when the cat comes near me
- Make a "mmm mmm" sound when I take a bite of something yummy



Thread 2) Regulating Challenging Moments

- ☐ I can start to calm down when I see you coming to comfort me.
- Sigh and stop crying when you pick me up and hand me my pacifier
- Use a softer voice when I see my food is coming
- Cling to you as we watch the noisy trash truck
- Lean toward you for comfort when the dog starts barking
- Settle down in my crib when I hear you singing to me

Self-Directed Learning

Thread 1) Understanding Messages

- ☐ I can notice what you say and do and change my expression or action.
- Turn toward you when you snuggle beside me
- Look at you when you say "Uh oh" as my banana falls
- Pull my leg out as you're taking my pants off
- Grab my bib as you unsnap it and say "all done"
- Reach out to touch your hands and smile when you clap and say "Pat a cake"



Thread 2) Creating New Ideas

- ☐ I can try different actions and watch to see what happens.
- Shake my rattle and notice the noise my rattle makes when I move it
- Kick the stroller footrest to make a loud thump
- Mouth a bumpy teether to explore its shape, then bang it on my car seat
- Squeeze a crinkle toy to hear the noise
- Wiggle over in my crib to reach my blanket