



Breastmilk is the ideal food for babies.
Talk with your doctor about your feeding choices.

We've been caring for babies for 140 years

OUR COMPANY'S ROOTS STRETCH ALL THE WAY BACK TO 1867. That's when a Swiss pharmacist named Henri Nestlé developed the world's first commercial infant food. It helped save the life of a neighbor's baby—and it started a 140-year tradition of caring and innovation that Nestlé scientists continue today. In 20 research and development centers all over the globe, every member of the Nestlé family is committed to bringing your baby *the very best*™.

THAT'S THE SPIRIT BEHIND NESTLÉ® GOOD START® INFANT FORMULAS. They're based on 21st-century nutritional science. But nurturing and nourishing are timeless.

It's the Good Start that will last a lifetime™

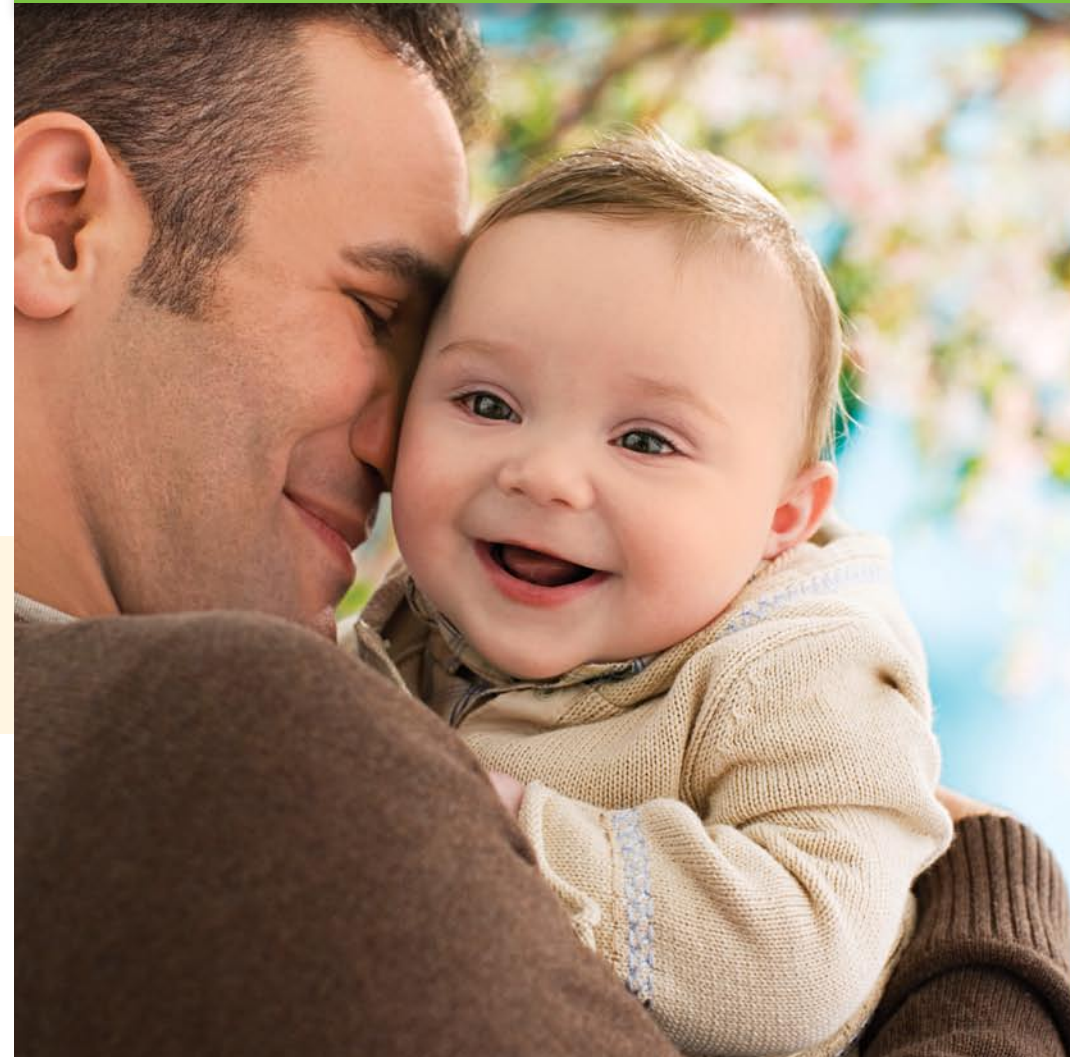


To learn more about our line of innovative formulas, visit

NestleGoodStart.com/goodstart or call 1-800-811-7500 to speak with a feeding expert.

YOUR HEALTHY BABY

A wellness guide from birth to 6 months



very best baby™



very best baby™

RESOURCE CENTER



NOURISHING YOUR BABY, NURTURING YOUR BOND™

Over the years, millions of moms have trusted the *very best baby*™ resource center for need-to-know information, tools, and tips for nurturing healthy, happy babies. One click or phone call can connect you with the latest information on feeding and caring for your baby.



GO ONLINE verybestbaby.com

Access in-depth articles, interactive tools, easy-to-fix recipes, downloadable guides, and audio podcast programs.



RECEIVE BOOKLETS

We'll deliver baby care booklets tailored to your pregnancy stage or baby's age right to your mailbox.



ASK OUR EXPERTS

Visit verybestbaby.com/expertline to e-mail your questions to our infant feeding experts. Or call them toll-free, **1-800-811-7500**, Monday–Friday, 8 a.m. to 8 p.m. Eastern time.



WRITE TO US

Nestlé Infant Nutrition
P.O. Box AW
Wilkes-Barre, PA 18703

Join the millions of moms who have learned to trust the *very best baby* resource center.

Sign up yourself or a friend by visiting verybestbaby.com/signup



very best baby™

Dear Mom and Dad,

Congratulations on the newest member of your family!

Nothing brings out a mother's protective instinct more than a baby. As a new mom, it's only natural that you want to do everything you can to keep your baby healthy and protected.

One of the first and most important choices you make is how to feed your baby. In the weeks and months ahead, you'll make many more decisions that affect your baby's well-being.

While this may seem a bit overwhelming, it's actually easier than you might think. Often, simple steps are all it takes to make sure your baby gets off to the best possible start.

This guide can help by offering practical pointers on everything from nutrition to health checkups, including helpful tips to help keep Baby protected. As your baby matures, the things you need to know to keep her healthy and protected change too. The guide is designed to provide you with straightforward information regarding the most common concerns that often arise during a baby's first six months.

Knowledge is empowering, and that's especially true when it comes to being a parent. The more you know, the better you can nourish, nurture, and protect your little one. I know that you will find this information helpful.

Wishing you and your baby the very best,



Lillian M. Beard M.D.

Lillian M. Beard, M.D.
Pediatrician

Dr. Lillian M. Beard, a fellow of the American Academy of Pediatrics, is an associate clinical professor at the George Washington University School of Medicine and Health Sciences. She's a frequent guest expert and spokesperson on national TV programs, discussing issues related to children's health. Dr. Beard practices pediatrics in the Washington, D.C., area.

This booklet is intended as general information that should not be used as a substitute for the medical care and advice of your health care provider.



To learn more about the ideal nutrition for your newborn, visit verybestbaby.com/breastfeeding



Food to grow on

Breastmilk is nature's ideal food for babies. It offers all the right nutrients in just the right way for Baby's developing digestive system. If you choose to supplement, wean, or formula-feed exclusively, you can rest assured that iron-fortified formula is also an excellent source of complete nutrition for your growing baby. Iron-fortified infant formula is the next best choice that provides the essential nourishment a growing baby needs.

Your baby's immune system also needs nutrients (and time) to develop and work properly. The immune

system is a complex network of cells, tissues, and organs that work together to protect and keep Baby healthy. Antioxidants, nucleotides, and antibodies are all found naturally in breastmilk

and help support Baby's immune system.

Antioxidants and nucleotides also are found in many iron-fortified infant formulas; antibodies are not. However, studies have shown

IF BABY COULD TALK...

- *I'm new to this great, big world, and I'm glad I have you to show me around.*
- *Crying is one of my only methods of communication right now.*
- *When you respond to my cries—picking me up, feeding, changing, soothing, or just holding me—you are not spoiling me.*
- *I am learning to trust that you will be there whenever I need you.*

that increasing levels of key antibodies is one of the many ways infant formulas with beneficial probiotic cultures help support the immune systems of formula-fed babies.

BABY'S FIRST CHECKUP

Regular visits to Baby's doctor are important. Baby's first checkup occurs soon after birth, and two to three more checkups may be scheduled in her first few months. Additional visits might be advised if your baby has special health or developmental needs.

At each checkup, the doctor assesses your baby's growth and development, and performs a physical

exam. Regular checkups help identify any concerns early, so treatment can start promptly.

As Baby grows, her doctor records her height, weight, and head circumference on a growth chart. Typically, babies regain their birth weight by 2 weeks of age, double their birth weight by 6 months, and triple it by 1 year.

How Baby progresses on her growth chart is one of the most important indicators of good nutrition and health. Ask to see Baby's growth chart at each visit.

You also can keep your own record online at verybestbaby.com/growthchart

(continued...)

Did you know?

Mother's very first milk, colostrum, is Baby's perfect first food. It's easy to digest and rich in carbohydrates and proteins. It also contains a higher concentration of immune factors (including key antibodies) than mature breastmilk. Breastmilk gradually changes from colostrum to mature milk during the first two weeks after birth.

THE PROS OF PROBIOTICS

Infant formula supplemented with beneficial probiotic cultures is designed especially to help support Baby's healthy immune system. One way probiotics can provide this benefit is by increasing Baby's levels of key antibodies, which are an important part of the immune system. Another way probiotics help support Baby's healthy immune system is by helping to maintain a healthy balance of cultures in her digestive tract which supports the natural protective environment found there.

The most common forms of probiotics are those added to foods, like some yogurts and yogurt drinks, specifically for their probiotic effect. Studies have shown that probiotics can provide health benefits, including aiding digestion and supporting immune function.

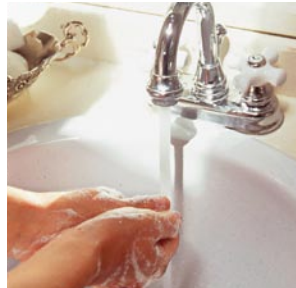
To learn more, see our special probiotics section on pages 15-16.



TAKING CARE AT HOME

Doing little things every day means a lot when it comes to protecting your baby. Limit the number of visitors for the first few weeks, and ask guests to wash their hands before holding Baby. If this makes you uncomfortable, you always can say your baby's doctor recommends it.

Also, remember to wash your hands after using the bathroom and changing Baby's diaper, as well as handling food, garbage, and animals, and your pet's toys. When soap and water are not available, use an alcohol-based hand sanitizer. (Hand sanitizers or gels are not recommended for use on babies.) ❤️



Q&A

Q: What is SIDS, and is there anything I can do to help keep my baby safe at bedtime?

A: Although rare, Sudden Infant Death Syndrome (SIDS) is any sudden and unexplained death of an apparently healthy infant age 1 month to 1 year. Recent studies have shown a dramatic decrease in SIDS when babies are put to sleep on their backs. Other factors that lower the risk of SIDS include: breastfeeding, smoke-free homes, and Baby sleeping on a firm mattress in a safe crib, free of pillows, blankets, and toys. The National Institute

of Child Health & Human Development offers free door hangers for Baby's nursery that list ways parents and caregivers can reduce the risk of SIDS. Order yours at

nichd.nih.gov



Breastmilk is the ideal food for babies. Talk with your doctor about your feeding choices.

Can an infant formula help support a healthy immune system?



NOW THERE'S A BREAKTHROUGH INFANT FORMULA DESIGNED TO HELP SUPPORT BABY'S HEALTHY IMMUNE SYSTEM.

NESTLÉ® GOOD START® NATURAL CULTURES™ is the *first* and *only* formula that contains beneficial cultures like those naturally promoted by breastmilk.

Research has shown that our beneficial cultures help support a healthy immune system by increasing levels

of key antibodies. They also can help support the natural protective barrier in the digestive tract.

Experts agree that breastmilk is the best source of nutrition for your baby. However, if you decide to formula feed, only GOOD START NATURAL CULTURES offers complete

nutrition plus beneficial probiotic cultures, easy-to-digest COMFORT PROTEINS®, and DHA & ARA—a unique combination of benefits that no other formula provides.

It's the Good Start that will last a lifetime™

To learn more about **GOOD START NATURAL CULTURES**, visit NestleGoodStart.com/naturalcultures



Out and about

You already may have ventured out of your home with Baby. While outings can be enjoyable, try to stay away from overcrowded areas and poorly ventilated spaces. This helps manage exposure to germs at a time when Baby's immune

system is still developing. Infants and young children are most vulnerable since the immune system is not fully developed until the teen years.

Going out for a walk with Baby in a stroller is an excellent way for you to get daily exercise, but

be sure Baby is dressed appropriately for the weather. As a general rule, dress her in one more layer of clothing than you would wear. Babies lose large amounts of heat through their heads, so when it's cold outside, remember a hat.

When it's warm and sunny, avoid exposing Baby to direct sunlight. The sun is most intense from 10 a.m. to 4 p.m. Dress Baby in lightweight long sleeves and pants, a large-brimmed hat, and/or sunglasses, with at least 99% UV protection. Refer to the tear-out card in the center of this brochure for additional ways to keep

Baby protected and healthy when you're out and about.

NOURISHING BABY

Good nutrition is vital for Baby's continued growth and development. Breastmilk is the gold standard for infant nutrition and the ideal way to nourish Baby. If you plan to use formula, however, you'll be happy to know that all iron-fortified infant formulas provide complete nutrition. And while some formula makers focus on replicating as much as possible the components of breastmilk, others focus on trying to replicate as many as possible of its functional benefits.

Most milks contain two main types of protein—casein and whey. If you remember Little Miss Muffet's "curds and whey,"

casein was the source of her "curds." The type of protein in human breastmilk is primarily whey and easy for Baby to digest. Because it is easy to digest, it empties quickly from Baby's tummy and may minimize the potential for spitting up. Breastfed babies also have soft, unformed stools, which may reduce discomfort.

Although cow's milk proteins are somewhat different from human milk proteins, studies have shown that babies fed formula with gentle, 100% cow's milk whey protein empty their tummies quicker than babies fed formulas containing mixtures of whey and casein. Babies fed formulas with high whey content also tend to have soft stools, similar to those of breastfed babies.

(continued...)

very best FACT:

Babies under 6 months old are usually too young to have a flu shot. You can help protect Baby indirectly by washing your hands, getting a flu shot yourself, and making sure others caring for Baby do the same.



THINK NUTRITION

Zinc, vitamin A, and vitamin C are three important nutrients for breastfeeding moms. They help support a healthy immune system, as well as Baby's growth and development. Good sources of zinc include meat, poultry, lentils, green vegetables, eggs, yogurt, tofu, beans, nuts, and oatmeal. Foods rich in vitamin A include sweet potatoes, carrots, apricots, and milk. Good sources of the antioxidant vitamin C include red and green bell peppers, orange juice, broccoli, strawberries, and kohlrabi. Find complete dietary guidelines for nursing moms at verybestbaby.com/postnatalnutrition

Immunizations help prepare Baby to resist certain infectious diseases, and help her immune system respond if she is exposed in the future to one of these particular diseases. Keep track of Baby's immunizations and her reactions. Ask your baby's doctor which immunizations your baby receives next, and what you should do if she has a reaction.



VERY BEST

tip

DID YOU KNOW? AFTER BIRTH, SENSE OF SMELL IS ONE OF THE FIRST THINGS THAT BONDS A BABY TO HER PARENTS. BABY RECOGNIZES YOU BY YOUR SCENT, WHICH PROVIDES HER WITH REASSURANCE AND COMFORT.

BABY'S VISION AND HEARING

Regular visits to Baby's doctor continue to be important. Checkups are scheduled at certain intervals, not only to assess babies' important developmental milestones, but also so babies receive their important immunizations on time.

Key developmental milestones depend on babies being able to learn from you and their environment. One way babies learn is by what they see. Although their vision is not as good as an adult's, babies at one month can see clearly within 12 inches. This is about the distance between your face and Baby's when you cuddle closely during feeding.

Another way babies learn is by what they hear.



Their ability to learn to talk depends on it. The American Academy of Pediatrics recommends that babies have their hearing screened before they go home from the hospital or within the first month of life.

Babies are screened using one of two tests measuring response to sound. Both tests take 5 to 10 minutes, are painless, and can be done when Baby is resting. Check with her doctor to make sure your baby has received this important test. ❤️



Tummy Time

Because babies spend so much time sleeping on their backs, it is important to make sure they have time on their tummies when awake. This helps Baby develop head and shoulder strength and control.

According to the American Academy of Pediatrics, Baby should be placed on her tummy 2 to 3 times each day for a short period of time. Increase the amount of time as she grows stronger. Promote Baby's exploration and learning by placing colorful and interesting things within and just out of her reach. Take the opportunity to play together by making a little tummy time for yourself too.

IF BABY COULD TALK...

- *I am able to see things much better, and I'm starting to recognize certain people, sounds, tastes, and feelings.*
- *I need a predictable routine for eating, playing, and sleeping.*
- *This routine helps me make sense of the world and feel secure in it.*
- *I am counting on you to keep me safe.*

BABY'S REFLEXES

Baby's checkups are spaced a bit farther apart now, but they continue to be important. Your baby's doctor is sure to check Baby's reflexes— involuntary reactions that are one of nature's many ways of protecting Baby and helping her learn. Baby possesses

many reflexes, including the *startle reflex*, the *grasp reflex* and the *tonic neck reflex*.

The startle reflex is present at birth. It occurs when a noise or sudden movement startles Baby, which causes her to throw out her arms and legs and then quickly bring them in again. This

FOOD SAFETY

Maintaining your refrigerator at 40° F or below is one of the most effective ways of reducing the possibility of food-borne illness. Your freezer should be 0° F or below. Use an appliance thermometer to check both temperatures to help ensure that Baby's stored formula and breastmilk are stored at the appropriate temperatures.

Download our free *Breastmilk and Formula Handling Guide* at verybestbaby.com/cooltools



Find guidelines for selecting age-appropriate toys for your baby at verybestbaby.com/toysafety

reflex typically disappears between 2 and 3 months of age.

The grasp reflex is also present at birth. When something is pressed into the palm of Baby's hand, she will clench her fist around it. This reflex typically disappears between 4 and 6 months as Baby learns she can choose to grasp and let go of what she wants. You may start to notice her dropping things for you to retrieve.

The tonic neck reflex appears around 2 weeks of age. As Baby lies on her back and turns her head to one side, her arm extends and her hand opens, while her other arm flexes and clenches into a fist. Lying in this position provides Baby an opportunity to discover her hand and develop hand-eye coordination.

As the tonic neck reflex begins to disappear (typically between 4 and 5 months), Baby starts to roll over and sit up. At this point she no longer needs this reflex. The next step is to learn how to bring her hands together.

ULTIMATE HEALTH FOOD

For Baby's first 6 months, the American Academy of Pediatrics recommends that breastmilk or iron-fortified formula be her primary source of nutrition. Unless your baby's doctor specifically directs, it's recommended that you not introduce infant cereal or other foods just yet.

Baby's sucking reflexes, although perfect for the breast or bottle, do not work well with a spoon. Baby's tongue thrusts forward when she sucks, and this means any food you give her on a spoon comes right out. This natural reflex decreases about the same time Baby starts sitting without support. These two things come together along with other developments to help signal when to introduce Baby to solid foods.

Doctors generally recommend that you do not add any food to your baby's bottle, including honey, corn syrup, or cereal. 🍓



Did you know?

Kitchen dishcloths are hot spots for germs. The Centers for Disease Control and Prevention recommends washing them often, using the hot cycle of your washing machine. Or, consider using disposable paper towels when cleaning or sanitizing.

Q: My baby is becoming more mobile now. What do I need to know about baby-proofing my home to help keep her safe?

A: At this age, Baby is interested in everything she sees or hears. And probably, it seems that everything she touches goes directly into her mouth. This is how Baby learns about the world. Your big job is to monitor what's within her reach.

If you haven't already, now is the time to make sure your home is baby-friendly. Enjoy your baby as she starts exploring her surroundings, but make sure never to leave her unsupervised. Try getting down on your tummy alongside her. You may see potential hazards that otherwise escape your attention from high above.

Q&A



Learn more about supporting
Baby's healthy immune system at
verybestbaby.com/immunesystem



Exploring with others

As Baby gets older, she may spend time in child care, at playgroups, and with more of your family and friends outside the home.

When you go out with Baby, carry disinfectant wipes to clean public surfaces that Baby may touch. Keep a

washable diaper-changing pad, blanket, or towel on hand, and keep track of which side stays next to Baby between washings. You might consider a washable shopping cart cover, which you also can use on public high chairs.

Soft baby carriers or slings offer alternatives to a stroller

or baby seat. You can keep Baby close—facing forward or toward you—and keep your hands free. This is particularly helpful as Baby begins to explore.

GETTING READY FOR SOLID FOODS

The American Academy of Pediatrics recommends avoiding regular cow's milk until Baby is at least 1 year old. Introducing it too early may lead to allergies and an inadequate intake of important nutrients like iron and calcium.

By 5 to 6 months of age, Baby should be consuming about 24 to 32 ounces of breastmilk or iron-fortified infant formula each day. You may notice that the

total amount of formula decreases to 24 ounces as Baby increases her solid food intake. Babies are usually developmentally ready to eat solid foods by about 6 months when their sucking reflex has changed to allow coordinated swallowing, they can sit without support, and they have good head and neck control.

Always offer breastmilk or iron-fortified formula first, and then solid foods. Baby's best first solid food is iron-fortified single-grain rice cereal because it's easily digested and unlikely to cause allergic reactions.

Begin with 1 to 2 teaspoons, with enough breastmilk or formula to give the food the consistency of thin gravy. Place a small portion in the middle of Baby's tongue. Increase the amount and thickness once Baby becomes used to the consistency. Feedings gradually increase to 4 to 6 tablespoons of cereal twice a day.

After your baby has been eating rice cereal for a few weeks, you can begin offering strained or mashed vegetables such as squash, peas, carrots, and sweet potatoes. Some suggest introducing fruits as the next food after vegetables. Introduce new foods one at a time in small amounts, about one to two teaspoons, so you will be able to recognize any allergic reactions. Give the same food for about five days before trying another new food. Refrain from mixing foods until Baby has tried each of them alone. For the first year, steer away from wheat, milk, egg, or citrus, to which some babies may be sensitive.

Watch for reactions such as rashes, vomiting, and diarrhea. Keep a diary of new foods introduced and whether Baby reacts to any of them. Learn more about introducing solid foods at verybestbaby.com/solidfoods

(continued...)

VERY BEST

tip

Set your hot water heater no higher than 120°F. This decreases the likelihood of your baby being burned. Always check the temperature of the water before placing Baby in the bath. And never leave Baby unattended in the water, not even for a few seconds.



DID YOU KNOW? SOME GROCERY STORES PROVIDE DISINFECTANT WIPES RIGHT NEXT TO THE SHOPPING CARTS. SINCE SHOPPING CART HANDLES ARE A SOURCE OF GERMS, ALWAYS TAKE THE TIME TO USE A WIPE BEFORE YOU BEGIN SHOPPING.

IF BABY COULD TALK...

- *I'm a bubbly, babbling bundle of personality.*
- *I like to imitate things (especially noises and gestures) to look at myself in a mirror, and explore everything around me.*
- *When you talk to me, I listen and learn.*
- *I am trying to engage you in conversation.*
- *I'm starting to realize I am my own person, but I rely on you to make me feel safe and secure.*



READY FOR JUICE?

Baby isn't ready for juice before 6 months. When you do introduce juice, most doctors recommend 100% juice diluted at a 1:1 ratio with water. They also suggest using a cup or sippy cup instead of a bottle to help prevent cavities in young teeth. Limit Baby's intake to 4 to 6 ounces per day (measured after diluting). However, remember that breastmilk or iron-fortified formula should be the primary source of nutrition and hydration.

BABY'S DEVELOPMENT

Typically, by the time Baby is 6 months old, her birth weight has doubled. Baby's brain is growing too, almost tripling in size by her first birthday. Your baby's head grows right along with her brain, which is the reason for that "soft spot," or opening between skull bones. The skull does not close until Baby's head is big enough to house an adult-size brain (around 18 months). Your baby's doctor measures Baby's head, along with her height and weight, at every visit to ensure that her growth and development are on track.

Watch for Baby's first teeth (usually the lower front teeth) to begin coming in. There's no need to visit a dentist just yet, but cleaning Baby's gums with a clean, damp cloth is recommended.

Avoid toothpaste until Baby is older and able to spit it out on her own. To prevent dental cavities, don't put Baby to sleep with a bottle.

Once Baby is 6 months old, ask your baby's doctor about the need for a fluoride supplement. This depends on the quantity and source of water given Baby or used to mix formula. Most bottled or filtered waters lack fluoride.



To learn about fluoride supplementation and its level in your community's water, contact your local health department. ❤️

Did you know?

It's a good idea to keep emergency numbers near your phone. The American Association of Poison Control Centers' toll-free hotline is 1-800-222-1222.



SPECIAL BONUS SECTION: *All about probiotics*

What are probiotics?

The World Health Organization defines probiotics as beneficial cultures that—when consumed in adequate amounts—provide health benefits. These benefits vary depending on the type of beneficial culture or probiotic that is used, and range from aiding digestion to supporting a healthy immune system. The word “probiotic” literally means “for life.”

Essentially, beneficial cultures are groups of “friendly” bacteria that can be found naturally in the human digestive system, as well as in a number of foods, including yogurt.

Beneficial cultures that have been identified as “probiotic” when consumed have been shown to play important roles in helping to keep people of all ages healthy and protected.

A HEALTHY IMMUNE SYSTEM

Our immune system helps protect us. It is a complex network of cells, tissues, and organs that work together to protect us and keep us healthy.

One of the many ways the immune system works is by

maintaining natural protective barriers that help block germs and other unwanted outsiders from entering our bodies. One important protective barrier is the lining of our digestive tracts.

Certain beneficial cultures can reinforce this natural protective barrier, so one way to help support the immune system is by increasing the levels of beneficial cultures that live in the digestive tract.

When babies are still in the womb, their digestive tracts are sterile, and no cultures are present. However, within days after birth, cultures begin to develop. What Baby is fed during the first few weeks and months makes a big difference in the types of cultures that begin to develop in her digestive tract.

Babies who are breastfed have an abundance (about 90%) of one particular type of beneficial culture in the digestive tract. This beneficial culture is called *Bifidobacteria*.

And now Nestlé scientists have found a way to add *Bifidobacteria* to infant formula in the United States.

SPECIAL BONUS SECTION: *All about probiotics*

Probiotics in infant formula

NESTLÉ® GOOD START® NATURAL CULTURES™ is the *first* and *only* formula to contain beneficial cultures designed to support Baby's healthy immune system.

The beneficial cultures added to GOOD START NATURAL CULTURES were specifically selected because they are *Bifidobacteria*, the type of beneficial cultures found in abundance in the digestive tracts of breastfed babies. High levels of *Bifidobacteria* in the digestive tract are thought to be one of the reasons why breastfed babies are generally healthy.

The digestive tracts of formula-fed babies have significantly less *Bifidobacteria*. That's why we created GOOD START NATURAL CULTURES with *BIFIDUS BL*™, which are beneficial probiotic cultures. GOOD START NATURAL CULTURES is specially designed to help bring the balance of cultures in the digestive tracts of formula-fed babies closer to that of breastfed babies.

Research has shown that one of the many ways the beneficial

cultures *BIFIDUS BL* can support a healthy immune system is by increasing levels of key antibodies. Antibodies are one important part of Baby's healthy immune system. These beneficial cultures also can help support the natural protective barrier in the digestive tract.

Breastmilk is the best source of nutrition for your baby. However, if you choose to use formula, GOOD START NATURAL CULTURES is an ideal choice. It provides complete nutrition, plus what some experts might consider the most advanced feature of any infant formula on the market today.



Friendships begin early



AND SO DOES THE NEED TO HELP SUPPORT HER HEALTHY IMMUNE SYSTEM.

NESTLÉ® GOOD START® NATURAL CULTURES™ is the *first* and *only* formula with beneficial cultures like those naturally promoted by breastmilk to help support Baby's healthy immune system. Research has shown that two ways these beneficial cultures can help support Baby's healthy immune system

are by increasing Baby's levels of key antibodies *and* by helping to support the natural protective barrier in Baby's digestive tract. A healthy immune system provides her with important natural defenses. Plus, it contains 100% whey COMFORT PROTEINS® to be easy to digest and DHA & ARA

for Baby's brain and eye development. As Baby goes out into the world, you can be assured that GOOD START NATURAL CULTURES provides her with complete nutrition, plus the added protection of beneficial probiotic cultures.

It's the Good Start that will last a lifetime™

To learn more about GOOD START NATURAL CULTURES, visit NestleGoodStart.com/naturalcultures

10 Smart tips for keeping Baby healthy:

There are steps you can take to help keep Baby protected and healthy whether you're at home or out and about:

1 Don't overdress Baby

When the weather is cool, dress Baby in one more layer of clothing than you would wear yourself. Babies lose large amounts of heat through their heads, so remember to bring a hat.



2 AVOID DIRECT SUNLIGHT

The sun is most intense from 10 a.m. to 4 p.m. When it's warm and sunny, dress Baby in lightweight long sleeves and pants, a large-brimmed hat, and/or sunglasses with at least 99% UV protection.

3 KEEP BABY'S IMMUNIZATIONS UP-TO-DATE

The American Academy of Pediatrics updates their immunization guidelines every 6 to 12 months. Talk with your baby's doctor, and make sure Baby's shots are up-to-date.

CARRY HAND SANITIZER

Use an alcohol-based sanitizer after touching ATMs, gas pumps, escalator handrails, and shopping carts, and after signing credit card slips. Hand sanitizer is not recommended for Baby.



4

Tote disinfectant wipes If Baby's toy, pacifier, or bottle drops on the floor, wipe it off. At a restaurant, wipe the table or high chair before eating.

5

6

STAY AWAY FROM SMOKY PLACES A smoker inhales only 15% of smoke from a cigarette—the remaining 85% becomes secondhand smoke. There's no safe level of exposure for Baby.



BREASTFEED

7

Breastmilk is not only the best source of nutrition for Baby, it also boosts her immune system. When breastfeeding in public, some moms bring along a lightweight blanket if they want to provide privacy.

WASH YOUR HANDS

8

You need to use friction, running water, and soap for at least 20 seconds to be effective. Count to 20 or sing the ABC's to time yourself.

9 Steer clear of escalators

Escalator steps are too narrow for a stroller's front and back wheels, making the stroller more likely to flip. Pushing a stroller also keeps you from holding the handrail, which may cause you to lose your balance.



Prepare for formula preparation

If you use formula, it's important to bring everything you need to prepare a bottle while you're out and about. Before leaving home, fill

a clean bottle with pre-measured water. When it's time to feed Baby, simply add powdered formula, shake, and serve. Discard unused formula after 1 hour.

10