

Nutrition *Babies (0-1)*

Introduce babies to new foods one at a time, waiting a few days before introducing another. That way, you can easily identify a food allergy if one comes up.

There's more where this came from.

Visit childrenscolorado.org/ExpertTips to search parenting topics by age, and sign up to get tips and advice sent right to your inbox or home.

Behavior *Babies (0-1)*

Sometimes a baby is just really upset, and there's nothing you can do about it. In those moments, it's OK to just to set the baby down in a safe place like a crib or bassinet, leave the room, take a break and calm down.

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Sleep *Babies (0-1)*

For their first year, babies need a specific safe sleep environment: on their back; on a firm surface free of loose bedding, pillows, blankets, stuffed animals, bumpers or toys; and wearing a sleep sack or onesie.

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Sports & Play *Babies (0-1)*

A baby's brain is more primed to learn and interact than at any other point in their life. When you talk, play, smile, touch, cuddle and read to your baby, you influence how their brain is developing.

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Technology *Babies (0-1)*

Babies need and learn from face-to-face, human interaction. It's a good idea to hold off on introducing technology for as long as possible.

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Health & Safety *Babies (0-1)*

Baby poop comes in a rainbow of colors, from yellow to tan to green — and it's probably just fine. Poop colors to worry about: red, white and black. (Just keep in mind that dark green, which can look kind of black, is also fine).

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