



“All children will enter kindergarten safe, healthy, and eager to succeed in school and in life.”

Collaborative of Muskegon County

Health and Nutrition

[Healthy Children:
American Association of
Pediatrics](#)

[Kids Health:Overweight
and Obesity](#)

Local Links:

[Women and Infant and
Children \(WIC\)](#)

[MSU Extension-
Food,Nutrition and
Health](#)



[Safe Kids West
Michigan](#)

[Car Seat Safety
Information](#) in Muskegon
County

Keeping Your Baby Healthy

Find a Medical Home your baby needs six well-baby checkups before the age of one and then four before the age of two. In these visits your baby's growth will be monitored, immunizations will be given, and you will have a chance to discuss all health concerns. To find a Medical Home in Muskegon county follow these links:

[Mercy Health Partners](#)
[Hackley Community Care Center](#)
[Muskegon Family Care Center](#)

Keep Baby Safe...the leading causes of accidental injury or death for children under four years of age are choking, drowning, and burns. Many of these accidents can be avoided by knowing how they happen and avoiding known hazards. To learn more follow these links:

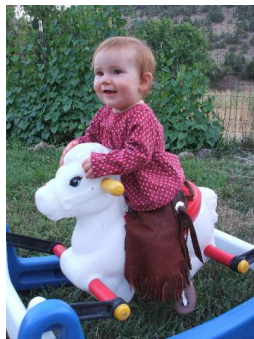
[Safe Kids: Basics](#)
[Kids Health:Safety and First Aid](#)

Nutrition and Exercise Starting a baby off right is essential for a life time of healthy eating. A baby should get all the nutrients he needs within the appropriate calorie count and learn to eat when hungry and stop when not. Along with a good and healthy diet, babies even tiny ones need exercise to develop all those little muscles.

[Breastfeeding:Ideal
for Infants](#)

[Tummy Time](#)

[Zero to Three:
Eight Tips for Healthy
Eating](#)



Breast Feeding is Best for

Baby...A baby's first year of life is the most important because it is also the fastest growth period she will experience. Your baby needs the best balance between calories to grow on and proper nutrition for the growing brain and body. It is also in this first year that your baby is developing the instincts to know when she is full and satisfied.

Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.

Most babies find it easier to digest breast milk than they do formula. As a result, breastfed infants grow exactly the way they should. They tend to gain less unnecessary weight and to be leaner. This may result in being less overweight later in life.

Premature babies do better when breastfed compared to premature babies who are fed formula.

Breastfed babies score slightly higher on IQ tests, especially babies who were born pre-maturely.