



# 4 month visit



## REMEMBER...

**For breastfeeding help,** a lactation consultant and support groups are available. Please take advantage of this service and call the office to schedule a visit.

**Do not put cereal in the bottle,** this will not help your baby sleep through the night.

**400 IU Vitamin D supplements** for exclusively breastfed babies or those getting less than 33 ounces of formula a day.



## Eating Well

### **Wait to start baby foods until your baby is developmentally ready.**

This is usually about 4-6 months of age, when your baby can sit up well with support, can hold their head well, does not automatically push foods out of their mouth with their tongue, has coordinated swallowing and appears interested in foods.

Benefits of waiting to start baby foods include giving your baby protection from illness and digestive complications. Waiting can also decrease your child's risk of obesity and iron deficiency anemia.

**Trust your baby to know how much breastmilk or formula they need.** Use hunger and satiety cues to guide feeding times and amounts.

**Always hold your baby while feeding.** This makes your baby feel loved and secure. Never put your baby to bed with a bottle or prop the bottle due to risk of choking, tooth decay and ear infections.

**When feeding baby food for the first time,** although there is no strict order, you might start with a single grain (barley, oats, or rice) iron fortified cereal. Give cereal with a spoon, not in the bottle. Start with 1-2 tablespoons of cereal mixed with breastmilk or formula. Gradually increase cereal to two times a day. Other first foods could be pureed strained meats and avocado, for iron and brain development. Vegetables are another great first food choice.

**Over time, introduce a variety of foods.** Introduce one new food at a time. Wait 2-3 days to look for signs of intolerance; diarrhea, vomiting, or skin rash.

**Avoid foods that could cause choking** such as nuts, round and hard foods.

**Your baby does not need juice.** Juice increases risk of obesity and tooth decay.

**Do not give your baby honey until age 1** due to risk of botulism.

### **General guidelines for this age:**

#### **BREASTFEED ON DEMAND AT THIS AGE.**

Breastfed babies generally feed 7-9 times a day.

Formula fed babies: 5-8 oz per feeding, 4-6 times a day.



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## Be Active



**At this age, babies enjoy moving things from one hand to the other.** They enjoy playing with rattles, rings and toys that squeeze and make noises.

### REMEMBER...

**Don't forget to wipe your babies gums** twice a day with a soft cloth for good oral care habits.

**Encourage your baby to self-soothe and fall asleep on their own.** A bedtime routine can help baby get ready for sleep. This may include bathing, singing, reading or relaxing together.



### **Tummy time should be frequent**

**and prolonged.** Keep tummy time fun by getting on the floor and using toys to keep your baby's interest. Play games like "peek-a-boo" with them.

### **Your baby will start sitting up**

**between 4 and 7 months.** You can prop them up with pillows at first. As they get stronger, they will be able to sit on their own.

### **Your baby may start rolling over.**

Babies love to mimic facial movements. Try closing your eyes or sticking out your tongue.

### **Do not put a television in your baby's bedroom.**

Screen time (TV, computer, cell phone and electronic games) is not recommended under age 2.



**Be active yourself.** You are the role model for your baby.

### **Include your baby on family trips to the park.**

Put your baby in a stroller and go for a family walk.

### **Hold, cuddle, sing, talk and read to your baby.**

**Encourage active play;** offer mirrors, floor gyms and colorful toys to your baby.

## Sleep

### **Babies sleep 9-12 hours at night.**

Babies often nap one to four times per day for 30 minutes to 2 hours.

### **Place baby in crib when drowsy, not asleep.**

**Sleeping area must be clear of** blankets and other soft items like bumpers, toys and pillows.

### **Keep baby in a smoke free environment** to help prevent ear infections, pneumonia, bronchitis, asthma attacks and SIDS.

**Do not include television** in your baby's night time routine. This interferes with sleep.

### **Have a regular day and night time sleep schedule for baby.**

**Do not sleep in the same bed as your baby.** Separate sleep areas are needed to keep baby safe.

### **Remember ABC's of baby's sleep:**

A – Alone  
B – on their Back  
C – in the Crib