

4 Month Old Handout

How Your Family Is Doing

- Take time for yourself.
- Take time together with your partner.
- Spend time alone with your other children.
- Encourage your partner to help care for your baby.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.
- Hold, cuddle, talk to, and sing to your baby each day.
- Massaging your infant may help your baby go to sleep more easily.
- Get help if you and your partner are in conflict. Let us know. We can help.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- If Breastfeeding:
 - If you are still breastfeeding, that's great!
 - Plan for pumping and storage of breast milk.
- If Formula Feeding:
 - Make sure to prepare, heat, and store the formula safely.
 - Hold your baby so you can look at each other while feeding.
 - Do not prop the bottle.
 - Do not give your baby a bottle in the crib.
- Solid Food:
 - You may begin to feed your baby solid food when your baby is ready.
 - Some of the signs your baby is ready for solids:
 - Opens mouth for the spoon.
 - Sits with support.
 - Good head and neck control.
 - Interest in foods you eat.
 - Avoid feeding your baby too much by following the baby's signs of fullness:
 - Leaning back
 - Turning away
 - Start with a single grain cereal with iron (oatmeal)
 - Don't panic if your baby gags or spits out most of the food. It will take time for your baby to learn.
 - Once your baby gets better at eating solids from a spoon, you may increase the amount.
 - Introduce only one new food at a time in order to monitor for allergies or any adverse reactions.
- Guide to Feeding:
 - 0 - 4 months
 - Breast Milk 6-10 times per day
 - Iron Fortified Formula 20-30oz per day
 - 4-6 months

- Breast Milk 4-5 times per day
 - Iron Fortified Formula 24-32oz per day
 - Single Grain Cereal with Iron 1-2 tsp up to 1-2 tbsp 1-2 times per day
 - Strained Fruits 1-2 tsp 1-2 times per day
 - Strained Vegetables 1-2 tsp 1-2 times per day
- Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Always wear a seatbelt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags away from your baby.
- Keep a hand on your baby on any high surface from which she/he can fall and be hurt.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Do not drink hot drinks when holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.

Your Changing Baby

- Most babies double their weight by this age.
- Your baby should be able to hold his head up when on his stomach.
- Your baby may be smiling, cooing, and laughing.
- Some babies begin to roll over and hold a rattle or toy.
- Keep routines for feeding, naptime, and bedtime.
- Put your baby to sleep awake or drowsy, on his/her back, and in a safe crib at the same time each day for naps and nighttime.
- If your baby still needs a feeding at night, keep the lights dimmed and don't encourage playtime.

Crib/Playpen

- Lower your baby's mattress before he can sit upright.
- Make sure the sides are always up on the crib.
- Do not use loose, soft bedding or toys such as quilts, pillows, or pillow-like bumper pads.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Playtime

- Learn what things your baby likes and does not like.
- Encourage active play.
- Offer mirrors, floor gyms, and colorful toys to hold.
- Tummy time—put your baby on his/her tummy when awake and you can watch.
- Promote quiet play.
- Hold and talk with your baby.
- Read to your baby often.

Crying

- Give your baby a pacifier or his fingers or thumb to suck when crying.

Healthy Teeth

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean the baby's pacifier.

- First teeth appear between 4 months and 15 months of age.
- Signs of teething: fussiness, drooling, and a low-grade fever. Teething does not cause a high fever or diarrhea.
- Use a cold teething ring if your baby has sore gums with teething.
- Acetaminophen can be used to help pain.

Immunizations

- Dtap, Haemophilus Influenzae type B (HIB), Prevnar, Polio, and Rotavirus were given today.
- There is a small chance your baby may be fussier than usual, develop a fever, or have pain or redness at the injection site.
- You may give your baby acetaminophen for any of these symptoms.
- If your baby has a fever higher than 102 F rectally, call our office.
- For more vaccine information, go to www.cdc.gov/vaccines/.

The next well visit is the 6 month visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org