



FOUR MONTHS OLD

WELL CHILD CHECK

FEEDING YOUR BABY

- ON DEMAND BREASTFEEDING OR FEEDING WITH IRON FORTIFIED FORMULA (30-32 OZ IN A DAY)
- SLOWLY INTRODUCE SOLID FOODS BETWEEN 4-6 MONTHS WHEN YOUR BABY IS READY!
 - SITS IN HIGH CHAIR
 - OPENS MOUTH FOR SPOON
 - INTERESTED IN FOOD
- WHEN INTRODUCING SOLIDS, START WITH RICE CEREAL OR OATMEAL AND GRADUALLY INTRODUCE VEGETABLES THEN FRUIT.
- INTRODUCE PEANUT BUTTER AFTER DISCUSSING WITH YOUR PROVIDER.
- NO COW'S MILK OR HONEY UNTIL 1 YEAR OLD

BABY'S DEVELOPMENT

- SMILES, COOS, AND LAUGHS
- TURNS TO SOUNDS
- REACHES FOR AND GRASPS OBJECTS
- DOESN'T SLEEP THROUGH THE NIGHT YET
- SUPPORTS SELF ON ELBOWS DURING TUMMY TIME

BABY'S ACTIVITIES

- PLAY ON FLOOR WITH SOFT, COLORFUL TOYS AND MIRRORS.
- READ, TALK, AND SING TO BABY
- RESPOND TO VOCALIZATIONS
- USE A PLAYPEN TO KEEP BABY SAFE FROM OBJECTS OR OTHER CHILDREN.
- TUMMY TIME WHEN AWAKE AND SUPERVISED
- NO TV, IPADS, OR PHONE SCREENS TO DISTRACT YOUR BABY

KEEP YOUR BABY SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- KEEP A HAND ON BABY WHEN ON A HIGH SURFACE
- PUT YOUR BABY ON HIS BACK TO SLEEP IN HIS OWN CRIB TO PREVENT SUDDEN INFANT DEATH SYNDROME.
 - KEEP THE CRIB IN THE CAREGIVER'S ROOM UNTIL AGE 6-12 MONTHS.
 - NO COMFORTERS, PILLOWS OR STUFFED ANIMALS IN THE CRIB
- NEVER LEAVE BABY IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- PROTECT YOUR BABY FROM THE SUN BY KEEPING HER OUT OF DIRECT SUNLIGHT, USING PROTECTIVE CLOTHING.
 - USE SUNSCREEN ON SMALL AREAS IF OTHER PROTECTION IS NOT AVAILABLE.
- DO NOT USE BABY WALKERS.
- START CHILDPROOFING THE HOUSE AND WATCH OUT FOR SMALL OBJECTS.

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!

NEXT VISIT: AGE 6 MONTHS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG