FACT SHEET FOR PATIENTS AND FAMILIES

Well Check: 4 months

Babies this age love to smile, laugh, and put things in their mouths. Your baby may also be drooling a lot now. Get ready with the bibs!

Feeding your baby

- Feed your baby only breast milk or iron-fortified formula. Your baby doesn't need other food for the first 4 to 6 months. Don't give honey for the first year.
- Start to introduce your baby to a little baby cereal
 as soon she is ready. Signs your baby is ready include
 being interested in the food you eat, opening her
 mouth for the spoon, and having good head and
 neck control.
- Your baby may have several wet diapers a day. There may be fewer dirty diapers now. Some breastfed babies have stools as seldom as once a week. If your baby is happy, this is not a problem.

If you're breastfeeding

- Keep taking your prenatal vitamins.
- Make a plan for how you can pump and store breast milk. Ask us if you need help.
- Give your baby vitamin D drops and iron drops as recommended.
- Feed your baby when she's hungry. This is usually about 6 or 7 times a day.

· If you're formula feeding

- Hold your baby so you can look each other in the eyes. Do not prop up the bottle. Don't give your baby a bottle in the crib.
- Follow the instructions on the can to prepare, warm, and store formula safely. Don't heat formula in a microwave oven.
- Feed your baby 4 to 6 times a day, about 6 to 8 ounces each time.



MILESTONES At 4 months old, most babies can:

- Hold up their head without support, and push themselves up onto their elbows (as pictured)
- Reach for a toy with one hand and hold it
- Smile at people
- Babble, squeal, laugh, and respond to you
- Follow moving things with their eyes

For detailed information about milestones, visit www.cdc.gov/actearly, or call 1-800-CDC-INFO.

Keeping your baby safe and well

- Make sure your baby gets the recommended immunizations.
- · Have safe habits in the car
 - Have your baby ride in a rear-facing car seat, in the middle of the back seat. Never put your baby's car seat in a seat with an air bag.
 - Never drink or use drugs and drive. Never text while driving. If your baby distracts you, pull over.

Have safe habits in your home and other places

- Keep your baby safe from small things he could choke on, such as plastic bags, balloons, or toys with small parts.
- Your baby is probably moving around more now.
 Always keep a hand on your baby when changing his diaper or clothes, or when he's on any high surface.
- The kitchen can be a dangerous place for a baby.
 Don't let your baby crawl around there. Use a play pen.
- If using a playpen, make sure the weave of the fabric is less than 1/4 inch.
- Never leave your baby alone in the bath, not even when using a bath seat.
- Don't let your baby get burned. Keep the water heater below 120°F. Never hold a hot drink while holding your baby.
- **Never shake your baby**. If you feel overwhelmed or upset, put your baby in a safe place and call for help.

Helping your child grow

You may be getting out and about more, and trying to manage more things. Be sure to set aside other tasks and stop to play with your baby.

Make plenty of time for active play

- Give your baby soft, bright-colored toys, rattles to hold, or mobiles to watch.
- Put your baby on his tummy to play. Stay nearby so you can watch.
- Spend time holding, singing, and talking to your baby. Repeat back the sounds your baby makes.
 Put your phone away so you can focus on your baby.

HELPFUL RESOURCES



IntermountainMoms Facebook page



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit <u>211ut.org</u> for community resources.

· Help your baby learn good sleep habits

- Your baby should have a regular sleep schedule. Have your baby sleep in a crib in his own room.
- Help your baby learn to fall asleep without nursing or rocking. Lay him down sleepy but awake, and pat him gently for a few minutes.

• Take care of yourself

- Remember that taking care of yourself will help you take better care of your baby. Try to get some time alone with your partner or with friends.
- Find a safe and loving baby sitter so you and your partner can have an evening out now and then.

· Take care of your family

- Try to spend a few special moments alone with each of your children and with your partner.
- Give your other children small, safe ways to help with the baby.

When to call:

• If you think your baby may have eaten poisons, medicines, or cleaning supplies, call Poison Control at 1-800-222-1222.

Your next well visit will be when your baby is 6 months old.

NOTES:			

Note: This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

