

# 4 months old

Child's name \_\_\_\_\_

Length \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Length percentile \_\_\_\_\_ %

## Food for Thought

*Any feeding concerns?*

*How is breastfeeding going?*

*How does your baby let you know he or she is full?*

*Do you put your baby to bed with a bottle?*

*How much time does your baby spend on his or her belly?*

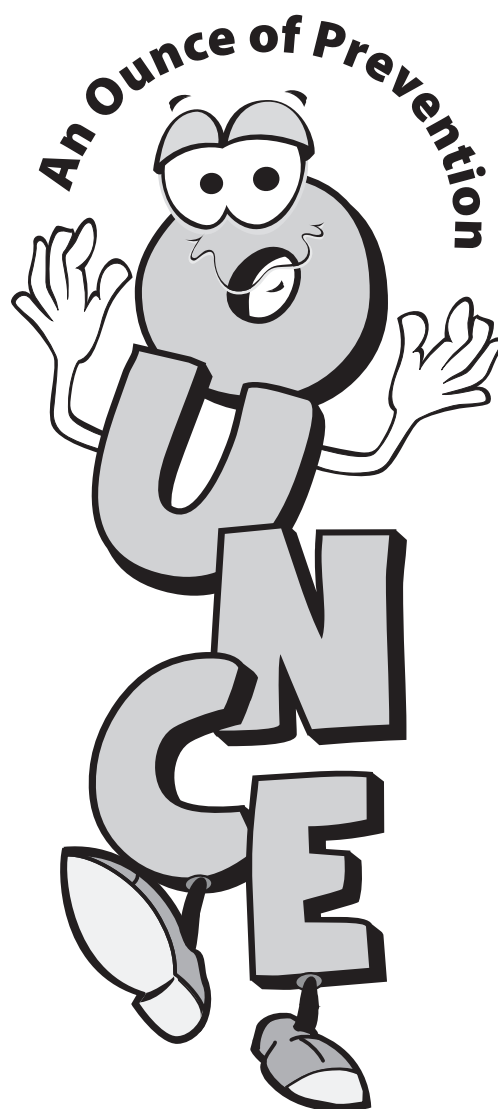
## Be Active

- Actively play with your baby. Use crib gyms to encourage kicking, stretching and reaching. Be sure to add plenty of belly playtime.
- Limit time in infant seats and swings.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Notes:

## Feeding Advice

- **Breastfeeding is highly recommended.**
  - Continue breastfeeding on demand.
  - Exclusively breastfeeding is all the nutrition needed to support growth and development for the first 6 months.
  - Water, juice and other foods are not necessary for breastfed infants during the first 6 months.
  - If you are formula feeding, limit to 24-32 ounces per day.
- **When introducing cereal at 6 months:**
  - Your baby is ready for cereal when he or she can sit up with support and can hold his or her head up well.
  - Use a single grain (rice, barley or oat) iron-fortified cereal.
  - Give cereal with a spoon, never put it in a bottle.
  - Start with 1-2 teaspoons and gradually increase to 1-2 tablespoons twice a day (mix with breastmilk or formula).
- **Vegetables** will be the next baby food you offer around 5-6 months.
- **Do Not** give your baby juice.
- **Do Not** put your baby to bed with a bottle or prop up the bottle.
- Ask your physician or healthcare provider about vitamin D or iron supplements.



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**is Worth a Pound**