

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?

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.

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:



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

