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:

Be Active

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 Midwest and the Ohio Dietetic Association.
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