

# 4 Month Visit

## Family Well-Being

- Take time for yourself.
- Take time with your partner.
- Encourage your partner to help care for your baby.
- Spend special time alone with each child reading, talking, or doing things together.
- Choose a mature, trained, and responsible babysitter/caregiver.
- Hold, cuddle, talk to, and sing to your baby each day.
- Massaging your infant may help him to go to sleep more easily.
- Get help if you and your partner are in conflict. Let us know. We can help.

## Feeding Baby

- Feed only breast milk or formula in the first 4-6 months.
- If you are still breastfeeding, that is great!
- If breastfeeding, plan for pumping and storing breast milk. Let us know if you need help.
- Always prepare, heat and store breastmilk/formula safely.
- Do not prop the bottle.
- Hold your baby so you can look at each other.
- Never put your baby to bed with a bottle in the crib.

### Solid Food:

- We recommend that receive only breast milk or formula for the first four to six months.
- Your baby's provider may recommend introducing cereals. Some of the signs that your baby is ready include: opens mouth for the spoon; sits with support; good head and neck control; interest in foods you eat.
- Avoid rice cereal.
- Avoid feeding your baby too much by following the baby's signs of fullness (leaning back, turning away).

## Your Growing Baby

- Keep routines for feeding, nap time, and bedtime
- Put your baby to sleep awake or drowsy, on his back, and in a safe crib at the same time each day for naps and nighttime.
- Crib Safety: Lower your baby's mattress before she can sit upright. Make sure the sides are always up on the crib. Cribs are safer than bassinets at this age.
- Do not use loose, soft bedding, pillows, bumper pads, or stuffed animals in your baby's bed.
- Do not swaddle your baby for sleep.
- If using a mesh playpen, make sure the openings are less than ¼ inch apart.
- Learn what things your baby likes and does not like.
- Encourage active play: Offer mirrors, floor gyms, and colorful toys to hold.
- Tummy time: Put your baby on her tummy when awake and you can watch.

- Promote quiet play: Hold and talk to your baby. Read to your baby often.

## Healthy Teeth

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass tooth decaying bacteria on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean the baby's pacifier.
- Use a cold teething ring if your baby has sore gums.
- Avoid use of teething gels and tablets.

## Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Your baby should never be in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby as these can be choking hazards.
- Keep a hand on your baby when changing clothes or diapers.
- Have a list of phone numbers in case of emergency.
- Have anyone who touches the baby wash their hands first. Wash your hands often.
- Prevent burns by setting your hot water heater so the temperature at the faucet is at or below 120 degrees F.
- Do not drink hot drinks while holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.
- Keep your baby out of the sun.

Poison Control Help Line: 1800-222-1222  
Child Safety Seat Inspection: 1-866-SEATCHECK or seatcheck.org



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