



Parent Handout Four Month Visit



Name _____ Date _____

Weight _____ Height _____ Head Circumference _____ Temp _____

How Your Family Is Doing

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

Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- If Breastfeeding** • If you are still breastfeeding, that's great! • Plan for pumping and storage of breast milk.
- If Formula Feeding** • Make sure to prepare, heat, and store the formula safely. • Hold your baby so you can look at each other while feeding. • Do not prop the bottle. • Do not give your baby a bottle in the crib.

- Solid Food** • You may begin to feed your baby solid food when your baby is ready. • Some of the signs your baby is ready for solids • Opens mouth for the spoon. • Sits with support. • Good head and neck control. • Interest in foods you eat. • Avoid foods that cause allergy—peanuts, tree nuts, fish, and shellfish. • Avoid feeding your baby too much by following the baby's signs of fullness • Leaning back • Turning away • Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles. • Always wear a seat belt and never drive after using alcohol or drugs. • Keep small objects and plastic bags away from your baby. • Keep a hand on your baby on any high surface from which she can fall and be hurt. • Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower. • Do not drink hot drinks when 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.

Your Changing 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/Playpen** • Lower your baby's mattress before he can sit upright. • Make sure the sides are always up on the crib. • Do not use loose, soft bedding or toys such as quilts, pillows, or pillow-like bumper pads. • If using a mesh playpen, make sure the openings are less than ¼ inch apart.
- Playtime** • 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 his tummy when awake and you can watch. • Promote quiet play. • Hold and talk with your baby. • Read to your baby often.
- Crying** • Give your baby a pacifier or his fingers or thumb to suck when crying.
- Healthy Teeth** • Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay 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 to comfort during teething.

Vaccines Administered Today:

Dtap IPV Hep B HIB Prevnar20 Rotateq

Infant's Tylenol dosage: _____ DO NOT GIVE MOTRIN UNTIL 6 MONTHS OF AGE!!