

# Four Month Visit

## Parent Handout

FAMILY FUNCTIONING

### How is your family doing

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

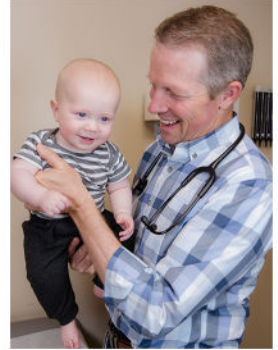
NUTRITION

- Ask us about programs such as 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 seat in the back seat in all vehicles.
- Always wear a seatbelt 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 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.
- Do not use a baby walker.

SAFETY



INFANT DEVELOPMENT

### Playtime

- Learn what things your baby likes and does not like.
- Encourage active play. 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.

NUTRITIONAL ADEQUACY AND GROWTH

### Feeding your baby

- Feed only breast milk or iron-months.

### If breastfeeding:

- If you are still breast feeding, that's great!
- Plan for pumping and storing breast milk. Let us know if you need help.

### If formula feeding:

- Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
- Hold your baby so you can look at each other.
- Do not prop up the bottle
- Do not give your baby a bottle in the crib.

### Solid food:

- You may feed your baby solid food when he 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 feeding your baby too much by following the baby's signs of fullness, including:
  - Leaning back
  - Turning away

INFANT DEVELOPMENT

### Your changing baby

- Keep routines for feeding, naptime and bedtime

### Crib/playpen

- Put your baby to sleep on her back.
  - In a crib that meets current safety standards, with no drop side rail and slats no more than 2 3/8 inches apart.
    - If your crib has a drop side rail, keep it up and locked at all times. Contact the crib company to see if there is a device that keeps the drop rail from falling down.
  - Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
    - Lower your baby's mattress.
    - If using a mesh playpen, make sure the mesh openings are no more than 1/4 inch apart.

ORAL HEALTH

### 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 you don't pass bacteria that causes tooth decay to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean your baby's pacifier
- Use a cold teething ring if your baby has sore gums with teething.

## What to expect at your baby's 6 month visit We will talk about...

- Introducing solid food
- Getting help with your baby.
- Home and car safety
- Brushing your baby's teeth.
- Reading to and teaching your baby.