

4 months old

Pediatric  Associates, Inc.

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 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.
- Iron and vitamin D supplementation (available over the counter in a liquid multivitamin such as PolyVisol with iron) is recommended for breast feeding babies at a dose of one dropperful per day.



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Child's name _____

Date _____ Weight _____

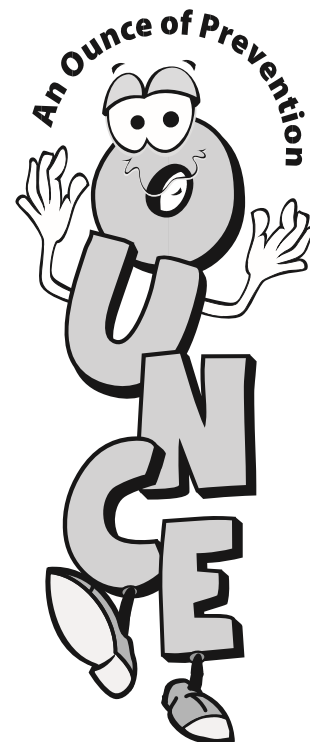
Length _____ HC _____

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 swings and infant seats
- Screen time (TV, computer, electronic games) not Recommended under age 2.

Safety

- Babies should always be placed on their backs to sleep, alone (without blankets, pillows, or other objects), in a crib or bassinet.
- Infants should never share a bed with others or sleep on any soft surface such as a bed or sofa due to a high risk of death from Sudden Infant Death Syndrome (SIDS)
- Infants ages newborn to 2 years old should ride in a rear facing car seat.
- Visit www.healthychildren.org for more information about caring for your child



is Worth a Pound