How You Are Feeling
• Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
• Find ways to spend time alone with your partner.
• Keep in touch with family and friends.
• Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby’s hand.
• Spend special time with each child reading, talking, or doing things together.

Your Growing Baby
• Have simple routines each day for bathing, feeding, sleeping, and playing.
  • In your room.
  • Not in your bed.
  • In a crib, with slats less than 2 3/8 inches apart.
  • With the crib’s drop side always up.
  • Give your baby a pacifier.
  • Put your baby to sleep drowsy.
  • Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
  • Tummy time—put your baby on her tummy when awake and you are there to watch.
  • Learn what things your baby does and does not like.
  • Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your seat belt and never drive after using alcohol or drugs.
• Keep your car and home smoke free.
• Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
• Your baby can roll over, so keep a hand on your baby when dressing or changing him.
• Set the hot water heater so the temperature at the faucet is at or below 120°F.
• Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Baby and Family
• Start planning for when you may go back to work or school.
• Find clean, safe, and loving child care for your baby.
• Ask us for help to find things your family needs, including child care.
• Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

Feeding Your Baby
• Feed only breast milk or iron-fortified formula in the first 4–6 months.
• Avoid feeding your baby solid foods, juice, and water until about 6 months.
• Feed your baby when you see signs of hunger.
  • Putting hand to mouth
  • Sucking, rooting, and fussing
  • End feeding when you see signs your baby is full.
  • Turning away
  • Closing the mouth
  • Relaxed arms and hands
  • Burp your baby during natural feeding breaks.

If Breastfeeding
• Feed your baby 8 or more times each day.
• Plan for pumping and storing breast milk. Let us know if you need help.

If Formula Feeding
• Feed your baby 6–8 times each day.
• 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 the bottle.

What to Expect at Your Baby’s 4 Month Visit
We will talk about
• Your baby and family
• Feeding your baby
• Sleep and crib safety
• Calming your baby
• Playtime with your baby
• Caring for your baby and yourself
• Keeping your home safe for your baby
• Healthy teeth

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org