HOW YOUR FAMILY IS DOING
- Learn if your home or drinking water has lead and take steps to get rid of it. Lead is toxic for everyone.
- Take time for yourself and with your partner. Spend time with family and friends.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

YOUR CHANGING BABY
- Create routines for feeding, nap time, and bedtime.
- Calm your baby with soothing and gentle touches when she is fussy.
- Make time for quiet play.
  - Hold your baby and talk with her.
  - Read to your baby often.
- Encourage active play.
  - Offer floor gyms and colorful toys to hold.
  - Put your baby on her tummy for playtime. Don’t leave her alone during tummy time or allow her to sleep on her tummy.
  - Don’t have a TV on in the background or use a TV or other digital media to calm your baby.

FEEDING YOUR BABY
- For babies at 4 months of age, breast milk or iron-fortified formula remains the best food. Solid foods are discouraged until about 6 months of age.
- Avoid feeding your baby too much by following the baby’s signs of fullness, such as
  - Leaning back
  - Turning away
If Breastfeeding
- Providing only breast milk for your baby for about the first 6 months after birth provides ideal nutrition. It supports the best possible growth and development.
- Be proud of yourself if you are still breastfeeding. Continue as long as you and your baby want.
- Know that babies this age go through growth spurts. They may want to breastfeed more often and that is normal.
- If you pump, be sure to store your milk properly so it stays safe for your baby. We can give you more information.
- Give your baby vitamin D drops (400 IU a day).
- Tell us if you are taking any medications, supplements, or herbal preparations.
If Formula Feeding
- Make sure to prepare, heat, and store the formula safely.
- Feed on demand. Expect him to eat about 30 to 32 oz daily.
- Hold your baby so you can look at each other when you feed him.
- Always hold the bottle. Never prop it.
- Don’t give your baby a bottle while he is in a crib.

HEALTHY TEETH
- Go to your own dentist twice yearly. It is important to keep your teeth healthy so you don’t pass bacteria that cause cavities on to your baby.
- Don’t share spoons with your baby or use your mouth to clean the baby’s pacifier.
- Use a cold teething ring if your baby’s gums are sore from teething.
- Don’t put your baby in a crib with a bottle.
- Clean your baby’s gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice).
WHAT TO EXPECT AT YOUR BABY’S 6 MONTH VISIT

We will talk about

▪ Caring for your baby, your family, and yourself
▪ Teaching and playing with your baby
▪ Brushing your baby’s teeth
▪ Introducing solid food
▪ Keeping your baby safe at home, outside, and in the car

SAFETY

▪ Use a rear-facing—only car safety seat in the back seat of all vehicles.
  ▪ Never put your baby in the front seat of a vehicle that has a passenger airbag.
  ▪ Your baby’s safety depends on you. Always wear your lap and shoulder seat belt.
    Never drive after drinking alcohol or using drugs. Never text or use a cell phone
    while driving.
  ▪ Always put your baby to sleep on her back in her own crib, not in your bed.
    ◦ Your baby should sleep in your room until she is at least 6 months of age.
    ◦ Make sure your baby’s crib or sleep surface meets the most recent safety
      guidelines.
    ◦ Don’t put soft objects and loose bedding such as blankets, pillows, bumper
      pads, and toys in the crib.
  ▪ Drop-side cribs should not be used.
  ▪ Lower the crib mattress.
  ▪ If you choose to use a mesh playpen, get one made after February 28, 2013.
  ▪ Prevent tap water burns. Set the water heater so the temperature at the faucet is
    at or below 120°F /49°C.
  ▪ Prevent scalds or burns. Don’t drink hot drinks when holding your baby.
  ▪ Keep a hand on your baby on any surface from which she might fall and get hurt,
    such as a changing table, couch, or bed.
  ▪ Never leave your baby alone in bathwater, even in a bath seat or ring.
  ▪ Keep small objects, small toys, and latex balloons away from your baby.
  ▪ Don’t use a baby walker.

Consistent with Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition
For more information, go to https://brightfutures.aap.org.