

Feeding

- Infants need formula or breast milk exclusively for the first 4-6 months. You can choose to start solids if you wish/if your infant is showing signs of readiness (sits upright well with support, seems upset when not included during meal times, and if their extrusion reflex has resolved), and if it's medically appropriate. If your infant was born premature discuss this with your provider as many premature babies are not ready to eat solids until their adjusted age is at least 4-6 months old.
 - **Liquid Nutrition: Generally** expect your infant to drink 25-40oz/day and/or between 6-8 bottles/feedings per day. Hopefully you are down to 1-2 night feedings. Max out at 40 oz per day. If your infant seems to want more than this amount it might be time to start solids.
 - **Solid Nutrition: Generally,** 1 meal/day with a serving size of 0-4 oz.
- **Five Simple Rules for Introducing Foods:** Let your infant try **ANY** food (except raw, uncooked honey), offer one single ingredient food every few days, use your seasonings and spices to flavor foods but keep salt to a minimum, **prioritize iron-containing foods**, and remember eating is a developmental milestone (your infant will start out eating very little until he/she figures out how to move food around his mouth, chew, and a swallow. Once several single ingredient foods are in your infant's diet try combinations of them.
- The most traditional way of introducing solid foods is to start with purees (think applesauce consistency, labeled Stage 1 in the grocery store), then transition to chunky textured foods (labeled Stage 2 in the grocery store), and then bite sized pieces of foods (Typically labeled Stage ¾ in the grocery store). This process usually takes 2-3 months. There is no RIGHT or WRONG first food but any fortified infant cereal is a good first choice for most babies.

Sleep

- Full-term, healthy, 4 month old infants generally sleep 12-14 hours/day. They usually take 3 naps/day of varying lengths. **It is common for them to still feed overnight and have an average longest night sleep stretch of 5-6 hours.**
- **Safest Sleep Includes:** Yes to Room Sharing (to promote safe sleep and successful breastfeeding), No to Bed Sharing, Yes to Pacifiers, No to Side sleeping. ****Practice putting your infant down in his/her crib/bassinet when sleepy, be consistent with a night time routine, try to be consistent with where your infant sleeps for naps and night time.**** Discuss this more with your provider to avoid the feared "sleep regression" and achieve sleep progression 😊

Safety

- **Back to Sleep is still EXTREMELY important for the prevention of SIDS**
- Please continue to use a rear facing infant car seat in the back seat of your car
- Continue to use a fitted sheet in your infant's sleep space, avoid soft bedding, plush items/toys, crib bumpers, and avoid the use of loose blankets
- Enjoy outside with your infant but limit prolonged direct sun exposure as much as you can.

What to expect at Today's Visit

- ☑ Your infant's height, weight, and head circumference will be measured. Vaccines typically administered include DTaP, Hib, Polio, Prevnar, and Rotavirus. The dosage and use of Tylenol/Acetaminophen will be discussed.
- Your infant's next well visit will be at 6 months of age. How to approach signs/symptoms of illness with/without fever will be discussed.
- We encourage you to discuss any questions, concerns you may have with your child's primary care provider!

- Water and Juice are NOT recommended as any source of nutrition at this age. Juice **may** be recommended for constipation.

Development

- **Gross Motor**
Holds head steady, Pushes chest up while lying on stomach, may roll over, may bear weight when held in standing position
- **Fine Motor**
Brings hands together, Reaches for and grasps objects
- **Language/Communication:**
Turns to someone's voice, smiles, squeals, laughs