

# Your Baby Is Now Four Months Old

## What should your baby be eating?

**Breast Fed Babies:** Breast milk is still a complete diet for your baby. He or she may go longer between feedings at night.

**Formula Fed Babies:** Continue formula with iron. Your baby does not need any solid foods until 4 to 6 months of age. Your baby will be taking 28 to 32 oz. of formula a day, or approximately 4 bottles (each 6 -8 oz) a day. Do not put your baby in bed with a bottle. Hold your baby for feedings.

**Solid Foods:** Your provider may tell you to start baby foods soon. Start with 2 to 3 tablespoons of rice cereal mixed with a small amount of breastmilk or formula. Avoid using a microwave to heat foods.

Your baby is ready for cereal when he or she has good control of head movement, sits with support and swallows thickened cereal easily. We suggest waiting until 6 months to start fruits and vegetables. If your baby develops a rash, please call the doctor.

## What will your baby be doing?

- Reaches for objects and grabs them.
- Plays with and opens hands.
- Laughs out loud, squeals, coos, babbles, and “blows raspberries”
- Rolls over.
- Has good head control.
- Sits with support.

## What are some issues or concerns you may have?

**Teething:** Some babies begin to teethe at this age. Their gums become sore and they may be irritable. You may rub their gums with cold water or let them chew on a cold, solid teething ring.

- Safety:**
- Babies will put almost everything into their mouths.
  - Keep small objects and coins out of their reach. If you have older children, be sure to teach them to keep small objects, balloons, and plastic cups out of your baby’s reach.
  - Use rear-facing car seat, even in taxi and bus.
  - Do not use infant walkers at any age.
  - Never leave your baby alone in a tub of water or high places such as bed, couch or tabletop.
  - Do not smoke in the house, car, or around your baby.
  - Do not drink hot liquids or smoke while holding the baby.
  - Hot water should never be more than 120° F. Your landlord must take care of this.
  - Keep pets away from baby.
  - Keep baby out of direct sun and use a hat and light cotton clothing.
  - Sunscreen should not be used until your baby is 6 months.

**Sleep:** Let baby sleep for at least 6 hours. Babies should still sleep on their backs.

## Comfort measures after shots:

You may give the baby a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your baby’s dose is \_\_\_\_\_ .

Call the office or answering service at 315-464-4357

If your baby:

- Gets a temperature of 101° F or higher.
- Refuses to drink.
- Cries and cannot be comforted.
- Acts very sleepy.
- Gets a rash or hives or large swelling at shot site.

If you need to:

- Schedule or cancel an appointment.
- Talk to a nurse from 8:00 A.M. to 5:00 P.M.
- After clinic hours to talk to a doctor.

Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Speak up if you have any questions or concerns.



# Healthy Kids



Pediatric and Adolescent Center  
SUNY Upstate Medical University