

4 months *third visit...*

Food for Thought

Any feeding concerns?

When someone other than yourself is feeding your baby, do you know what and how much your baby is eating?

Do you put your baby to bed with a bottle?

Have you offered any solid foods?

How much time does your baby spend on his or her belly?

Feeding Advice

- Your doctor will encourage you to introduce cereal between 4-6 months.
 - When your baby is developmentally ready.
 - Your baby is ready for cereal when he can sit up with support and can hold his 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 T and gradually increase to 1-2 T twice a day (mix with breastmilk or formula).
- **Vegetables** will be the next baby food you offer around 6 months.
- **Do Not** give your baby juice until 6 months of age.

Be Active

- When your baby is awake, actively play with your baby, use crib gyms to encourage kicking, stretching and reaching.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %