

YOUR FOUR MONTH OLD

Name: _____

Weight: _____ Length: _____ Head Circumference: _____

Feeding:

Most babies have doubled their birth weight by this age. Your child may now be ready to begin solid foods. If you hold a spoon in front of your baby and she opens her mouth, this may be a sign she is ready to start solids. Don't panic if she gags or spits most of the food out. When starting solids, try rice cereal 1-2 teaspoons, one or two times a day and increase as your baby gets better at eating from a spoon.

Introduce only one new food at a time in order to look for allergies.

Guide to Introduction of Solid Foods

<u>Age</u>	<u>Foods</u>	<u>Amount</u>
0-4 months	Breast Milk	6-10 nursings
	Formula (iron fortified)	20-30 ounces
4-6 months	Breast Milk	4-5 nursings a day
	Formula (with iron)	24-32 ounces a day
	Single grain cereal with iron (rice, oatmeal)	1-2 teaspoons up to 1-2 Tablespoons 1-2 times per day
	Strained fruits	1-2 teaspoons for 1-2 times a day
	Strained vegetables	1-2 teaspoons for 1-2 times a day

Avoid putting your baby to bed with a bottle. Not only can this lead to poor sleep habits, but also to cavity formation.

Sleep:

It is important to put your child into her crib before she is asleep, so she learns to put herself to sleep. To help your child learn good sleep habits, start teaching her now that nighttime is for sleeping. If she still needs a feeding at night, keep the lights dimmed and don't encourage playtime.