

4 months old

Child's name _____

Height _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Any feeding concerns?

How is breastfeeding going?

How does your baby let you know he or she is full?

Do you put your baby to bed with a bottle?

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

Feeding Advice

- **Breastfeeding is highly recommended.**
 - Continue breastfeeding on demand or formula feeding.
 - If you are formula feeding, limit to 24-32 ounces per day.
 - At 4-6 months your baby may require iron by either supplement or iron-fortified cereal.
- **If introducing cereal between 4-6 months:**
 - Your baby is ready for cereal when he or she can sit up with support and can hold his or her 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 1-2 teaspoons and gradually increase to 1-2 tablespoons twice a day (mix with breastmilk or formula).
- **Vegetables** will be the next baby food you offer around 5-6 months.
- **Do Not** give your baby juice.
- **Do Not** put your baby to bed with a bottle or prop up the bottle.
- Don't forget Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

Be Active

- Actively play with your baby. Use crib gyms to encourage kicking, stretching and reaching. Be sure to add plenty of belly playtime.
- Limit time in infant seats and swings.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



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is Worth a Pound