



Newborn–4 months

Weight _____

Height _____

General tips



- Get to know your baby's **personality**.



- **Watch** your baby tell you when he/she is hungry by making sucking motions, clenching hands and turning his/her head toward the nipple.



- **Crying** won't always mean your baby is hungry. First, comfort with rocking, massage, cuddling, singing or music.



- **Talk, smile and use facial expressions** when you feed your baby.

Feeding Advice

- Babies should be drinking breast milk or iron-fortified formula. Some breast milk is better than none.
- If you are having trouble breastfeeding, talk to your doctor or lactation consultant.
- Skin to skin contact helps bonding and baby will feed better.
- Babies know when they are hungry and when they are full. When they are full, they let go of the nipple, turn their head or fall asleep. It is okay for your baby not to finish a bottle or eat less in one feed than another.
- Do not give your baby juice, sweetened water, soft drinks, or honey.
- Only give baby solids when they are ready. Baby is ready for solids when he/she can sit up without support, reach for things and bring food to his/her mouth.

Find out more about breastfeeding [here](#).

Activity Advice

- Actively play with baby. Limit time in swings, car seats and in front of the TV and other screens.
- Tummy time is important for your baby. Keep trying! Start with short amounts of time spent on baby's stomach while awake.



Parent Self Care Box

- Have quick snacks ready (like fruit, yogurt, protein bars).
- Take naps when your baby naps.
- Plan ahead and know available resources.
- Put baby down in safe place and walk away.
- Drink water and eat regularly.
- Set aside time each day to do something you enjoy.

Sleep Advice

- Practice the ABCs of safe sleep:
 - A**lone - Baby should be alone, without stuffed animals or bottle
 - B**ack - Place baby on back
 - C**rib - Place baby in crib without blankets
- Do not put your baby to bed with a propped bottle.
- Babies at this age can and should sleep 16 to 18 hours each day.

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Have You Noticed?

Your baby can:

- **Root:** If you touch baby's lips, cheek or tongue, they turn their head and open their mouth.
- **Tongue thrust:** If you touch their lips, they stick out their tongue.
- **Suck and swallow:** When milk hits their tongue, it goes to the back of the mouth and the baby swallows it.

Watching Your Baby

- Your baby will start to make eye contact with you and respond to your voice.
- Head and neck muscles get stronger slowly. Baby will start to turn to new things they see or hear.
- Baby will begin to grab and move things.
- Baby will smile and coo in response to you.

Fun at Mealtimes

Your baby uses all five senses at mealtimes.

- **Touch:** Skin to skin helps you bond with your baby.
- **Taste:** If you're breastfeeding, baby tastes your favorite foods too.
- **Smell:** Baby smells you when you are close.
- **Hearing:** Baby hears your voice when you talk or sing while he eats.
- **Sight:** Baby studies your face as you speak to him.

Play with a Purpose

• Five senses at play time:

- **Sights:** colored lights, black and white patterns, and cloth with big patterns
- **Sounds:** whisper, whistle, hiss, cluck
- **Smells:** mint, cinnamon, flowers
- **Tastes:** breast milk changes flavor naturally
- **Touch:** skin, soft toy, a cool spoon

- Give babies toys that they can hold and explore with their hands.



Try This!

- Talk, hum or sing quietly.
- Gently rub baby's head, face, chest and back to soothe them.
- After eating, you may want to hold or rock your baby.
- Background sounds during sleep time, like a fan, may help block out noises that can startle.

What Comes Next?

At 4-6 months, your baby will learn to sit up without support, kick and reach for objects. Your baby may be ready for solids in the next few months. **Find out more [here](#).**

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

