



4 Months



Nutrition

- Breast milk and/or formula remain primary.
- Many babies are ready for solids between 4 and 6 months.
- Signs of readiness include good head control and interest in food.
- Introduce one new food at a time.
- Wait 3 days before each new food.
- Watch for rash, vomiting, diarrhea, & fussing.
- After a few weeks, combine protein-rich foods with fruits or vegetables.
- Daily vitamin D drops, if breastfeeding.

Great First Foods

- Oatmeal
- Thinned nut butters
- Pureed fruits
- Pureed vegetables
- Eggs
- Plain full-fat yogurt

Foods To Avoid

- Raw honey
- Choking hazards
- Possible foods of concern (allergies)



Sleep

- Some babies begin sleeping longer.
- Night waking is still common and normal.
- Keep a simple bedtime routine.
- Lay baby down drowsy but awake, if possible.
- Practice helps build self-soothing skills.



Development

Many babies begin to:

- Roll over.
- Reach for toys.
- Transfer objects hand to hand.
- Push up during tummy time.
- Notice voices and faces.

Milestones happen on a range of timelines.



Safety

- Always place your baby on their back to sleep.
- Never leave baby unattended on raised surfaces.
- Use a rear-facing car seat every ride.
- Keep small objects out of reach.
- Supervise all feeding times.



4 Months



Stools

Once solids begin, stools may become:

- Firmer
- Less frequent
- Stronger smelling

Call us for:

- Blood in stool
- Persistent constipation
- Ongoing discomfort



Bottle & Feeding Tools

- Avoid putting baby to bed with a bottle.
- Avoid bottle propping.
- These habits may create a choking risk.
- Avoid infant feeders for solids.



Play & Learning

Your baby learns through movement & connection.

Try these fun activities:

- Tummy time
- Face-to-face talking
- Safe toys to reach and grasp
- Singing
- Reading aloud

Simple repetition builds learning.



Juice

- We recommend avoiding juice at this age.
- Water, breastmilk & formula are best.
- Whole fruit offers better nutrition than juice.



Upcoming 6 Month Visit

We often discuss:

- Expanding solids
- Sleep changes
- Sitting and mobility
- Teething
- Recommended vaccines



When To Call Us

- Poor feeding
- Persistent vomiting
- Dehydration concerns
- Unusual lethargy
- Fever
- Development or other concerns