How You Are Feeling
• Taking care of yourself gives you the energy
to care for your baby. Remember to go for
your postpartum checkup.
• Find ways to spend time alone with your
partner.
• Keep in touch with family and friends.
• Give small but safe ways for your other
children to help with the baby, such as
bringing things you need or holding the
baby’s hand.
• Spend special time with each child reading,
talking, or doing things together.

Your Growing Baby
• Have simple routines each day for bathing,
feeding, sleeping, and playing.
• Put your baby to sleep on her back.
  • In a crib, in your room, not in your bed.
  • In a crib that meets current safety
standards, with no drop-side rail and
slats no more than 2 3/8 inches apart.
Find more information on the Consumer
Product Safety Commission Web site at
www.cpsc.gov.
• If your crib has a drop-side rail, keep it up
and locked at all times. Contact the crib
company to see if there is a device to keep
the drop-side rail from falling down.
• Keep soft objects and loose bedding such
as comforters, pillows, bumper pads, and
objects out of the crib.
• Give your baby a pacifier if she wants it.
• Hold, talk, cuddle, read, sing, and play
often with your baby. This helps build trust
between you and your baby.
• Tummy time—put your baby on her tummy
when awake and you are there to watch.
• Learn what things your baby does and does
not like.

Safety
• Use a rear-facing car safety seat in the back
seat in all vehicles.
• Never put your baby in the front seat of a
vehicle with a passenger air bag.
• Always wear your seat belt and never drive
after using alcohol or drugs.
• Keep your car and home smoke-free.
• Keep plastic bags, balloons, and other small
objects, especially small toys from other
children, away from your baby.
• Your baby can roll over, so keep a hand on
your baby when dressing or changing him.
• Set the water heater so the temperature at
the faucet is at or below 120°F.
• Never leave your baby alone in bathwater,
even in a bath seat or ring.

Your Baby and Family
• Start planning for when you may go back to
work or school.
• Find clean, safe, and loving child care for
your baby.
• Ask us for help to find things your family
needs, including child care.
• Know that it is normal to feel sad leaving your
baby or upset about your baby going to child
care.

Feeding Your Baby
• Feed only breast milk or iron-fortified formula
in the first 4–6 months.
• Avoid feeding your baby solid foods, juice,
and water until about 6 months.
• Feed your baby when your baby is hungry.

Here are some suggestions from Bright Futures experts that may be of value to your family.

How to Care for Your Baby

Here are some suggestions from Bright Futures experts that may be of value to your family.

Feeding Your Baby

• Feed your baby when you see signs of
hunger.
• Putting hand to mouth
• Sucking, rooting, and fussing
• End feeding when you see signs your baby
is full.
• Turning away
• Closing the mouth
• Relaxed arms and hands
• Burp your baby during natural feeding
breaks.

If Breastfeeding
• Feed your baby 8 or more times each day.
• Plan for pumping and storing breast milk. Let
us know if you need help.

If Formula Feeding
• Feed your baby 6–8 times each day.
• Make sure to prepare, heat, and store the
formula safely. If you need help, ask us.
• Hold your baby so you can look at each other.
• Do not prop the bottle.

What to Expect at Your Baby’s 4 Month Visit

We will talk about
• Your baby and family
• Feeding your baby
• Sleep and crib safety
• Calming your baby
• Playtime with your baby
• Caring for your baby and yourself
• Keeping your home safe for your baby
• Healthy teeth

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org