



# 4-Month Checkup

Date: \_\_\_\_\_

Weight: \_\_\_\_\_ lb \_\_\_\_\_ oz \_\_\_\_\_ %

Height: \_\_\_\_\_ in/cm \_\_\_\_\_ %

Head circumference: \_\_\_\_\_ %

*“My favorite thing right now is my baby’s babble noises!”*

—Kaiser Permanente mom

## Your baby may be ready to ...

- Watch faces and objects as they move.
- Babble, coo, smile, laugh, and squeal.
- Reach for toys with one hand.
- Roll over from tummy to back.

All babies develop at their own pace. If you have concerns about your baby’s development, talk with their doctor.

## Feeding



**Your baby gets all the nutrition they need with breast milk or formula.**

- Feed your baby when they show signs of hunger, usually around 6 to 8 times a day. Some breastfed babies eat more often, and that’s normal.
- Call us at 866-454-8855 if you need support or if you have any questions about pumping and storing your milk.

- Continue giving infant vitamin D drops if you’re breastfeeding.
- Don’t prop a bottle or give your baby a bottle in the crib.
- Ask us about WIC or CalFresh, if you need financial support for food or formula.

### Time for solid foods?

Most babies are ready for solid food sometime between 4 and 6 months. It’s important to continue breastfeeding if you’re nursing.

### Babies may be ready to try solids when they:

- Can sit up well with good head and neck control.
- Show interest in food (watch you eat, reach out for food, open mouth when food is offered).
- Can take pureed food from a spoon and swallow it.
- Have doubled their birth weight.

### First foods should be very soft, such as:

- Pureed fruits or vegetables such as bananas, sweet potatoes, or avocados.
- Infant oatmeal or other whole-grain baby cereal made with breast milk or formula.

## Parenting



**Connect with your baby and stimulate development.**

- Talk, read, and sing to your baby every day.
- Give your baby brightly colored toys, books, and mirrors to look at and touch.
- “Wear” your baby in a carrier to help them feel secure and comforted while your hands stay free.

### Care for yourself, too

Your baby needs a lot right now. Taking care of yourself helps you be the best parent you can be.

- Carve out some time to relax and recharge.
- Take turns with your partner or other trusted adult caring for your baby. It’s okay to take a break if you need to.
- Call us if you need help coping with feelings of sadness or anxiety.

## Healthy habits



**Help your baby thrive and stay healthy as they grow.**

- Don't allow anyone to smoke or vape around your baby. Your home, car, and other places that your baby stays should also be smoke-free. If you or your partner want support to quit, we have programs and medications that can help.
- Continue giving your baby "tummy time" every day to help strengthen their neck and shoulder muscles.
- Limit the time babies spend strapped into baby seats, swings, and other "containers." It's important for babies' development that they move around freely.
- Take your baby for walks and spend time outdoors together when you can.
- Keep up with all recommended immunizations.
- Avoid exposing your baby to screens, including phones, tablets, TV, and videos.
- Keep your baby out of the sun as much as possible. Stay in the shade or cover up.
- Clean your baby's gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice).
- Use a cold teething ring or washcloth if your baby has sore gums with teething.

## Safety



**Keep your baby safe at home and on the road.**

- Put your baby in a properly installed rear-facing car seat in the back seat for every ride.
- Put your baby to sleep on their back on a firm, flat mattress in a safe crib. Your baby is safest in a crib in your room, but not in your bed.
- Lower the crib mattress.
- Avoid falling asleep with your baby on a chair or couch.
- Don't leave your baby alone on a bed or sofa. Keep one hand on your baby at all times on the changing table.
- Never leave your baby alone in the bath, even for a second.
- Keep small objects, plastic bags, and balloons away from your baby to avoid the risk of choking.
- Don't use a baby walker. They can tip over and trap your baby.

### Choking first aid

Learn these steps now, before you might need them.

First, check for breathing. If they can't cough or cry, they're probably choking and need immediate care.

### Have someone call 911 right away, and then give choking first aid.

1. Place your baby face down on your lower arm. Hold their chest in your hand and jaw with your fingers.
2. Point their head down, lower than the rest of their body.

3. With your other hand, give 5 back blows between their shoulder blades. Use the heel (base) of your hand, with force.

If your baby is still choking:

1. Turn them face up in your lap.
2. Place 2 fingers in the middle of the chest, between and below the nipples.
3. Give 5 chest thrusts downward. Push hard enough to compress the chest.
4. Continue giving 5 back blows and 5 chest thrusts until the object comes out, or your baby loses consciousness.

**If your child becomes unconscious, be sure someone has called 911.**

**Then start CPR right away.** To learn CPR and other first aid skills, you can take classes offered at places like our Health Education Departments, your local Parks and Recreation Department, or the American Red Cross.

### Your next checkup is at 6 months.

\_\_\_\_\_ / \_\_\_\_\_ (date/time)

You baby's immunizations (shots) are due at this visit.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your baby's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit [kp.org/mydoctor](https://kp.org/mydoctor) for more resources.