

4-5 Months Info Sheet

American Academy of Pediatrics recommends starting solid food/purees around 6 months old as breast milk or iron-fortified formulas have all the nutrition your baby needs. The introduction of solid foods/purees is a learning experience for your infant, but is not meant to be a main source of nutrition. For more information regarding introduction of solids, visit the Food and Feeding section at:

healthychildren.org/growinghealthy

Points to Ponder

Safety

- Do not leave your baby unattended on an elevated surface (changing table, bed, sofa, etc..)
- Walkers should be avoided as they are dangerous and can tip over and cause injury to your baby. Exersaucers/jumpers are ok for shorter time periods however, longer times (more than 30 minutes) in these devices can delay motor development.
- Keep all small objects out of your baby's reach to prevent choking.
- Bottles should not be left in the crib with the baby. Do not prop bottles or feed your baby lying flat as your baby may have more difficulty swallowing properly and this is associated with a higher risk of ear infections.
- Continue to use an appropriately sized car seat for your baby. It may be time to adjust the height of the shoulder straps. Your baby's shoulders should be at or above the slot where the strap comes through the back of the car seat.
- Car seats must remain **REAR-FACING** in the **BACKSEAT** of the car until your baby is **2 years old**.
- Please, **DO NOT SMOKE** in your home or car. Second and third-hand smoke has been linked to an increased risk of ear infections, upper and lower respiratory infections, and Sudden Infant Death Syndrome (SIDS).

Sleeping

- Many babies will begin to awaken more during the night. This is a normal phase and usually resolves with gentle reassurance.
- Many babies will sleep through the night by 4-5 months of age. If your child is continuing to feed during the night, be sure to limit these visits to feeding only. Prolonged rocking/playing could establish a pattern which you could find more difficult to break in the future.
- In time, try to work toward longer intervals between overnight feedings to help promote healthy sleep habits.
- It is recommended to keep your baby in your bedroom for at least the first 6 months to decrease the risk of SIDS.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 336.574.4280.

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