



## Anticipatory Guidance - 4 Month Checkup

### Family

- Maintain consistent family routine

### Development and Behavior

- Promote language using simple words
- Provide age-appropriate toys, remove small toys/pins/plastic pieces
- Read books and talk about pictures/story using simple words

### Nutrition

- Hold to bottle-feed, no bottle propping
- Introduce cereal when ready
- No bottle in bed
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

### Routine Care

- Clean mouth/teeth with soft cloth twice a day
- Tummy time; head control
- Teething

### Safety

- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning
- Keep hand on infant when on bed or changing on table/couch
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Water heater at  $<120^{\circ}$