



Wellness Visit

4 Month

fhm *Primary Care*

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A reminder for all new parents...

Everyday will be different and that's ok!
Whether this is your first baby or you've done this many times before, ALL new parents need support, reach out for help when you need it!
If you have questions don't hesitate to call us.



Support & Self-Care

CALL US

- For help if you feel sad, or overwhelmed for more than a few days.
- If you do not feel safe at home.

TAKE CARE OF YOURSELF

Take time with your partner, friends and family. Most importantly take time for yourself to recharge.

ACCEPT HELP

From family & friends who offer it.



Safety

CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles
Your baby should never be in a seat with a passenger air bag.

SMOKE-FREE

Keep your baby in smoke-free environments. Your car and home should be 100% smoke-free.

BATH TIME

Always test your baby's bath water and never leave your baby alone in a bath.

DIAPER & CLOTHES

Always keep one hand on baby when changing clothes or diapers. Keep hanging strings, cords, necklaces, and bracelets out of baby's reach.

SAFE SPACE

Babies are curious - make a clean, clear area for your baby to roll and play. Keep plastic bags, balloons, and small objects away from your baby. Put baby gates up on all stairs and spaces that are not safe for your baby.



Caring for Baby

ROUTINE

Do your best to keep a sleep, eat, and play routine. A routine as simple as bath, snuggling and reading, and then bed creates a pattern baby can recognize.

SAFE SLEEP

Put your baby to sleep on their back in a crib in your room that meets current safety standards.

Find more info on cpsc.gov

The crib should only have a fitted sheet and your baby no bumpers, toys or blankets.

FEEDING

Only feed your baby breast milk or iron fortified formula for the first 4-6 months. Avoid feeding your baby solid foods until 6 months.

PLAYTIME

Encourage active play with mirrors, floor gyms, and colorful toys to hold. Continue practicing tummy time when baby is awake and you can watch.



Health & Wellness

TAKING A TEMP

Use a rectal thermometer for the most accurate temperature.

**A fever is anything 100.4° F/38.0°C or higher
Fever is serious at this age - call us immediately if your baby has temp of 100.4° F/38.0°C or higher**

HEALTHY TEETH

Use cold teething toys to help your baby with sore gums. Gently brush with wet infant toothbrush or wipe with a damp cloth if your baby has teeth after meals. No toothpaste is needed yet.