



Four Months

- **Sleeping basics** - By 4 months old, your baby should be sleeping 10-12 hours a night. They should only wake up a couple of times for feedings and nap for around 3-5 hours throughout the day.
- **Feeding basics** - Although some babies start eating solids at this point, doctors recommend waiting until the baby is 6 months old. If you decide to start feeding your baby solids, remember that your baby doesn't need more than 1 tablespoon of food more than twice a day.
- **Perception** - At this age, your baby will be able to notice different shades of colors. They will also be able to track movements quickly with their eyes, perceive depth, and grab moving objects.

Cribs for Kids

Safe sleep matters for babies. Each year 3,500 infants die suddenly and unexpectedly during sleep time. Sadly, most of these deaths are preventable. Many infant deaths are due to accidental suffocation or strangulation from unsafe sleeping environments. As part of our Safe Sleep Initiative, STHCS is working to prevent sudden unexpected infant deaths by spreading the ABCs of Safe Sleep and by serving as a Cribs for Kids® partner organization. The Cribs for Kids Program provides free Pack 'N Plays, safety equipment, and other resources to expecting or new parents in need of a safe sleep environment for their baby. If you or someone you know needs a Pack 'N Play, apply online.

