



# Four Month Edition

From Marisela,  
WIC Breastfeeding Peer  
Counselor

Marisela: 920-948-2759

(Spanish speaking)

WIC is an equal opportunity provider

Your baby is growing and will continue to grow adequately on breast milk. Although you may be tempted to trying giving your baby solids, there are a few reasons to wait until six months.

- Babies' intestinal tracts are immature. They are at greater risk for developing an allergy when fed solids too early.
- Babies' muscles are not quit able to coordinate sucking and swallowing solid foods yet. This will come soon. In the meantime, keep practicing supervised tummy time!



## Breastfeeding when your baby wants to “multi-task”

By 4 months, your baby is getting really good at breastfeeding and will no longer need to concentrate as hard. Now they want to “multi-task” and can be distracted more easily. Almost anything can be a distraction: TV, ceiling fan, pet, family members walking past, etc. Many mothers worry this behavior means that the baby is losing interest in nursing or their milk supply is declining. However, this is not a signal he is ready to wean. This is just a change in the baby's development. Until this stage passes, your baby may need a quiet place to nurse.

The most important part to remember is to not get discouraged. This will change over time. Your baby is getting older and more efficient at breastfeeding. So even if he or she is spending less time at the breast, they are getting plenty. If you have more questions regarding this topic, do not hesitate to ask. 😊

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***At your next WIC appointment, don't forget to have a picture of you and your baby taken for the 6 month Breastfeeding Board.***

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