

4 Month Visit

Name _____ Today's Date _____
Weight _____ Length _____ Head Circumference _____
% _____ % _____ % _____

FEEDING:

- Whether breast or formula feeding, the number of feedings will likely decrease to 4-5 per day.
- Avoid giving your baby juice until at least 6 months of age.
- If your baby is primarily breast-fed, continue to give a Vitamin D supplement (such as Tri-Vi-Sol, 1 dropper daily).
- By 4-6 months of age, most babies lose their tongue-pushing reflex, and will be able to swallow solid food. Your baby's energy needs will also be increasing, so this is often a good time to introduce solid foods. Discuss this further with your health care provider.
- From the very start, help him or her develop good eating habits: sitting up, taking bites from a spoon, resting between bites, and stopping when full.
- Start with infant rice cereal, as it is least likely to cause an allergic reaction. Mix it with breast milk or formula, and start with half a spoonful or less. Your baby will probably not eat much at first, since this is a very different experience for him or her.

- Once your baby is eating infant cereal routinely, gradually introduce new foods: other infant cereals, vegetables, and fruits. Introduce a new food one at a time, waiting at least 3 days before starting another to make sure there are no allergic reactions (diarrhea, vomiting, or rash).
- Follow your baby's cues to know when he or she is full. If your baby is turning his head away or crying, don't force him or her to finish a meal.

ELIMINATION:

- There is a wide variety of normal stooling patterns, from several times a day to every few days. With the introduction of solid foods, the stools will become more solid, variable in color, and have a stronger odor.

SLEEP:

- Sleeping patterns tend to be more regular now. Many infants will sleep through the night and take 3 naps a day at this age.
- Put your baby to bed awake to help your baby learn to fall asleep on his or her own.

- Continue to place your baby on his or her back for sleeping.

TYPICAL DEVELOPMENTAL MILESTONES:

- Holds head upright, may roll, may support weight on legs
- Reaches for objects; puts hands together and plays with hands
- Communicates with cooing (vowel sounds), may blow bubbles or make "raspberry" sounds
- May laugh or squeal; distinguishes primary caregivers from others

SAFETY:

- Always use a rear-facing car-seat installed correctly in the back seat for travel.
- Never leave your baby unattended on a high surface, since rolling may start at 3-4 months old.
- Never hold a cup of hot liquid when holding your baby; infants often reach and grab and could get burned.
- Make sure your infants toys are too big to swallow and do not have small detachable parts since your baby will likely put toys in his or her mouth routinely.

FURTHER READING:

Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
The Nursing Mother's Companion (Huggins)
What to Expect The First Year (Eisenberg et al.)

DOSING OF ACETAMINOPHEN INFANT DROPS (80mg/0.8mL):

6-11 pounds = 0.4mL (1/2 dropper)
 12-17 pounds = 0.8mL (1 dropper)
 18-23 pounds = 1.2mL (1½ dropper)

TODAY'S IMMUNIZATIONS:

- Pentacel #2 (DaPT, IPV, HiB), Prevnar #2 and RotaTeq #2.

WHAT'S NEXT?

- Next Check-Up is at 6 months
- Your baby will receive a physical exam and the Pentacel, Prevnar and RotaTeq vaccines. The influenza vaccine will also be given if it is fall/winter season.

SPECIAL INSTRUCTIONS:
