

# 4 Month Visit



## NUTRITION

Your baby's primary source of nutrition will continue to be breast milk or formula. You may introduce solids between 4-6 months of age. Signs that the baby may be ready for solid food include good head control, interest in watching others eat, and drinking more than 32oz/day. We recommend introducing cereal first then stage I vegetables and fruits. All of these foods are to be fed with a baby spoon. You can try a new food every 2-3 days. Cereal mixing instruction: start with a teaspoon or two of rice cereal mixed with enough formula or breast milk to make a thin paste. Gradually make the cereal thicker and increase the quantity of the cereal up to even a few tablespoons. Although the baby might spit it out at first, he/she will eventually get the idea. More detail is available on our website article "Helpful Hints for Feeding Your Baby." Continue Vitamin D supplementation for breast fed babies or if formula intake is below 32 oz.

## SLEEP

Always put the baby to sleep on their back on a firm mattress with a fitted sheet. There should not be anything else in the crib with the baby (i.e. pillows, bumpers, blankets, toys). Most babies are sleeping through the night between 4 and 5 months of age. Consistently making sure your baby falls asleep from the awake or drowsy state helps. Avoid feeding or rocking your baby to sleep. Try to stop any middle-of-the-night feeds. Develop a good bedtime routine for your baby and be consistent.

## SAFETY

- It is advised to use sunscreen with SPF  $\geq$  30.
- Insect repellents containing 10-24% DEET are safe and most effective. Do not use combination products with DEET and sunscreen because the sunscreen needs more frequent application.
- Never leave the baby unattended in the car, in the bath, or on elevated surfaces.
- We do not recommend a walker, although stationary sitting devices are fine.
- Your child's car seat should be placed in the middle of the back seat facing backwards.
- Choose toys that have soft edges and are too large to swallow.
- Avoid any and all smoke exposure.
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

## IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness at the site. You may give your baby acetaminophen as needed for fever or fussiness over the next 24-48 hours. Refer to our website for the helpful **dosing calculator**. No ibuprofen until 6 mos of age.

**Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

DTaP-Hib-Polio    Pneumococcal    Rotavirus (oral)

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## MEASUREMENTS:

Weight: \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

Head circ.: \_\_\_\_\_ cm ( \_\_\_\_\_ %)

## DEVELOPMENT

At this age you may notice your baby:

- Smiles, laughs, squeals, blows bubbles/raspberries
- Initiates interaction, making good eye contact
- Drools and puts objects in mouth to explore them
- Lifts head and chest when lying on tummy, pushing up on arms, and often attempts to roll over
- Shows good head control
- Sees and intentionally reaches for objects

## PROMOTING DEVELOPMENT

- Encourage your baby to play on his/her tummy a few times every day.
- Join your baby in quiet play (reading, talking, singing or cuddling) and active play (playing on the floor or with a baby gym, mobile, or mirrors) every day.
- Your child will learn to roll over if not already rolling. Help your child practice sitting by placing him/her in a sitting position on a flat surface and providing support at the lower back/hip level. Your child might learn to lean forward and "tripod" sit.
- Your child might learn to transfer objects from one hand to another and to babble by the next visit.

## FOCUS ON FAMILY

- If mom has started back at work, consider redistributing household responsibilities in order for both parents to have time with the baby and time to rest.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

**Next visit at 6 months**