

4 Month Visit



NUTRITION

Your baby's primary source of nutrition will continue to be breast milk or formula. Solid foods are typically started about 6 months of age, but some babies may show these signs of readiness before then: sitting with support, interest in watching others eat, and bringing objects to the mouth. Depending on caregiver preference, introducing solids may begin with spoon fed purees, soft smashed pieces of food, or the baby-led weaning method which involves offering whole foods to the baby to hold and eat at their own pace. Baby-led weaning must be done with careful supervision with a baby sitting well.

For exclusively breastfed babies, in addition to Vitamin D supplementation, iron supplementation also becomes important at 4 months. This can be in vitamin form (dose is 1mg iron for every 2.2 pounds of baby's weight) or with starting fortified baby cereals, meats, or legumes.

Strong evidence in worldwide **allergy** research suggests that offering your baby allergenic foods several times per week will help to desensitize your baby. Even if you are not fully introducing solids until 6 months, consider offering tastes of the following foods as early as 4 months, especially if there is a family history of food allergies:

Creamy peanut butter (1tsp from your fingertip or mixed in cereal), whole egg (scrambled and pureed), tree nut butters (almond/cashew/hazelnut), soy (tofu, pureed edamame), sesame, well-cooked shellfish (pureed), and milk in small amounts (yogurt)

See more detail on the "Helpful Hints for Feeding your Baby" in the infant section on our website's Ages and Stages.

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). Many 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. Consider putting your baby in his/ her own room to sleep if the baby is still in your room. Try to stop any middle-of-the-night feeds. Exclusively breastfed babies may require continued overnight feeding, or mom may need to express milk overnight to support full supply. Develop a good bedtime routine for your baby and be consistent.

SAFETY

- It is advised to use sunscreen with SPF ≥ 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)

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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