

# 4 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

## Your Growing Baby

- All babies develop at their own rate. At this age, you may notice that your baby:
  - Smiles and laughs
  - Initiates interaction with others
  - Starts to babble
  - Drools (not always a sign of teething)
  - Brings hands together and to mouth
  - Lifts head and chest when lying on tummy
  - Tries to roll over and reaches for objects
- Encourage active play - offer mirrors, floor gyms, and colorful toys to hold
  - Tummy time - put your baby on his tummy when awake and you can watch
- Promote quiet play - hold, talk to, and read to your baby often
- Give your baby a pacifier or his fingers or thumb to suck when crying
- Some babies may sleep 7 or 8 hours in a row, while others still wake every 3-4 hours to feed.
  - Create a regular bedtime routine every night - this may include a massage, bath, change of clothes, quiet songs, and/or reading a story.
  - Lower your baby's mattress before he can sit upright

## Immunizations

- DTaP (Diphtheria, tetanus, and pertussis)
- HiB (Haemophilus influenzae)
- Polio
- Prevnar (Strep pneumoniae)
- Rotavirus
- Hepatitis B (if needed)

## Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot



If needed, you can give your baby acetaminophen (Tylenol).

Contact your doctor if symptoms are severe or last longer than 48 hours.

### TYLENOL DOSE (ACETAMINOPHEN)

#### INFANTS & CHILDRENS

6-11 lbs      1.25ml

12-17 lbs      2.5ml

18-23 lbs      3.75 ml

### POISON CONTROL

1-800-222-1222

### CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)

### NEXT VISIT

Six months of age

## Feeding Your Baby

Continue to feed your baby only breastmilk or iron-fortified formula in the first 4-6 months.



- Some babies become easily distracted during feeding because they get so interested in things around them. If feeding becomes difficult, try feeding your baby in a quiet, darkened room for a few weeks.
- Signs that your baby may be ready for solid food include good head control, sitting with support, interest in watching others eat, opening his mouth as food nears, and not sticking out his tongue when you offer a spoon.
- When your baby is ready for solids, follow these tips:
  - Start with a bland food such as iron fortified infant cereal mixed with breast milk or formula
  - After a few days of cereal, you can try pureed vegetables or fruits
  - Allow your baby to eat as much or as little as he wants. A tablespoon of cereal may be an entire meal in the beginning
  - Introduce new foods slowly - just one new food every 3 days
  - If your baby does not like the taste of a food the first time you offer it, offer it again several times over the next few weeks
  - Be aware that your baby's bowel movements will change after you start him on solid foods; they may be more solid or different colors and smell more
  - Do not give your baby cow's milk or honey before 12 months of age. All other foods are okay as long as they are soft and do not present a choking hazard

### FOCUS ON FAMILY

- Take time for yourself.
- Take time together with your partner.
- Spent time alone with your other children.
- Encourage your partner to help care for you baby.
- Hold, cuddle, talk to, and sing to your baby each day.
- Get help if you and your partner are in conflict. Let us know. We can help.
- Postpartum depression can happen at any time during the first year. If moms feel sad, anxious, or depressed, they should seek help and talk with their doctor.

### WHEN TO CALL YOUR DOCTOR

- If baby has a rectal temp of 100.4 or greater
- Crying a lot more than normal or can't be comforted
- Having trouble breathing
- Acting limp or sluggish

## Safety

- Never shake your baby
- Always put your baby to sleep on his back on firm mattress
  - However, if your baby turns over by himself, you do not need to keep turning him over through the night
- Keep pillows, bumpers, blankets, and toys away from baby while he sleeps
- Use a rear-facing car safety seat in the back seat of all vehicles
- Keep your car and home smoke-free
- Keep a hand on your baby on any high surface from which he can fall and be hurt.
- Keep small objects and plastic bags away from your baby
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Never tie a pacifier or put jewelry around baby's neck
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [ndvh.org](http://ndvh.org)