

Great Destinations Pediatrics



AGE: 4 MONTHS

Date _____

GROWTH:

Weight:	lbs	oz	(%)
Height:	inches	(%)	
Head Circumference:	inches	(%)	

IMMUNIZATIONS:

DTaP	Diphtheria, Tetanus, Acellular Pertussis
Hib	Haemophilus B
IPV	Injectable Polio (Inactive)
PV13	Pneumococcal

FEEDINGS:

There are two feeding schedules. With both of them, remember breast milk and/or formula will be your baby's main source of nutrition.

Traditional:

You can now start feeding your baby solids. The purpose is to learn how solids feel, so do not put food in your baby's bottle. You can feed as often as works for you (from once a day to three meals). Only try one new food per week. Start with rice cereal, and then proceed through the Stage One fruits and vegetables. It doesn't matter whether you start with fruits or vegetables, and color is not important.

Baby-led:

This is a newer, cheaper, and more social method which is catching on. The rules to this are:

- 1) Start feeding only when your baby can sit upright in a high-chair.
- 2) Only the baby puts food in their mouth (your job is to provide food, theirs to eat).
- 3) Skip the pureed baby food and feed your baby what you are eating with the family at the table. It does not need to be cut into small pieces.
- 4) Remember, gagging is to be expected. Babies do this to prevent choking. Do not be scared.
- 5) We are still avoiding honey (botulism) and small hard foods like whole nuts and whole grapes.

TEETHING:

Teething usually begins between 4 and 6 months of age. Some infants cut a tooth and have no difficulty, while others may get fussy, drool, and have loose stools. Teething does not cause a fever or runny nose. Do not use any teething medicines (Anbesol, Oragel, Humphrey's), as these can be harmful to your baby.

DEVELOPMENT:

Your baby is probably laughing, cooing, babbling and smiling. Most babies at this age can hold their head and shoulders up when placed on their tummies (like a "push-up"). Most babies can now roll front to back, back to front, or both. Your baby can also probably hold a rattle and transfer it to the other hand. Remember, all babies develop at their own pace, and these are simply rough guidelines of what he/she may be doing.

SAFETY:

1. **Walkers-** Do not use walkers. In 1973, 34 children died in walker-related injuries such as falling down stairs, drowning and tipping over. In 1996, nearly 20,000 children were treated in emergency rooms for walker-related injuries.
2. **Car Seat-** Continue using your infant car seat in the back seat, facing the rear of the car.
3. **Object/Toys-** Kids will eat anything. At this age babies, will put everything in their mouths. Make sure small objects, toys, plants, and anything else you don't want your baby to eat is out of reach.
4. **Crawling-** Your baby will be rolling, scooting, and crawling soon so make sure stairways are blocked off (top and bottom), breakables are put away, and cords are out of reach.
5. **Cords-** Shorten venetian blind cords or tie them out of reach. Make sure electrical cords are also out of reach.
6. **Electrical Outlets-** Place safety covers over electrical outlets.
7. **Swimming Pool-** You must have a pool fence completely surrounding the pool, keep it locked, and make sure chairs are not next to the fence. Before you know it, your baby will be moving, walking, and climbing.
8. **Pets-** Never leave your baby alone with your pets.

WHAT'S NEXT?

Your baby's next appointment is at 6 months of age for a well check-up and immunizations.