

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)
PCV13	Pneumococcal

Please review the CDC (Center for Disease Control and Prevention) handouts that our staff has provided. These immunizations may cause pain and redness at the injection site, as well as a fever. These are normal reactions to the vaccines.

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. We are encouraging the "baby-led" feeding schedule but will present both options.

Traditional:

If your baby has good head control, you can now start feeding your baby solids. The purpose is to learn how solids feel and have fun, so do not put food in your baby's bottle. You can feed as often as it works for you (one to three times a day). After breastfeeding or formula feeding, give rice cereal and/or 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 (usually 5 ½ to 6 months old)
- 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. Also, avoid cow's milk and continue giving breast milk or formula. Foods that contain milk such as yogurt are ok.

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. All babies develop at their own pace and these are simply rough guidelines of what they may be doing.

SAFETY

1. Walkers- Do not use walkers. Every year thousands of babies in the U.S. are injured due to the use of walkers. Injuries include skull fractures, head bleeds, burns and drowning. Walkers do not improve your baby's development.
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 all 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.