

NAME _____

DATE _____

WEIGHT _____ (_____ %)

LENGTH _____ (_____ %)

HEAD _____ (_____ %)



FOR YOUR 4 MONTH OLD

FEEDING

Breastfeed your baby 5-8 times per day until your baby seems content. Continue prenatal vitamins while breastfeeding.

If you do not breastfeed, use an iron-fortified infant formula. Feed your baby 4-6 ounces at each feeding for a total of 26-32 ounces per day. Do not heat formula in the microwave.

Healthy babies do not need supplemental water. If you breastfeed exclusively, they do need a vitamin D supplement. 400 IU per day of vitamin D is recommended and is available over the counter at drugstores. Formula fed babies should also be on vitamin D unless they are drinking 32 ounces of formula a day.

Do not give honey/Karo syrup in the first year.

Cereal or other solids may be started between 4 and 6 months of age. See below for guidelines.

DEVELOPMENT (4-6 MONTHS)

Bears weight on legs, holds head and body up, rolls over, may sit alone.

Smiles, babbles, laughs, blows bubbles, makes "raspberries".

Visually follows an object, distance vision improving, and responds to name.

Grabs, shakes a rattle, puts hands together, may transfer object from hand to hand, and puts everything in mouth.

GENERAL PRINCIPLES FOR INTRODUCING SOLIDS

Be alert to your baby's cues; do not force your baby to take solids if he isn't ready.

Use a small plastic coated spoon to feed; no need to put cereal in the bottle.

Infant cereal is the most appropriate first food. Mix with lukewarm formula or breast milk to a semi-liquid consistency.

Introduce new foods one at a time, and give the same food for 3-5 days in a row. Watch for allergic reaction (rash, vomiting or diarrhea).

Provide a variety of foods- iron-fortified cereals, pureed fruits, vegetables or meats.

Form and consistency of food should match your baby's skills; choking is a hazard at this stage.

Most babies eat one meal at 4-6 months, 2 meals at 5-7 months and 3 meals at 6-8 months. Adjust these guidelines if your child is not satisfied.

SLEEP

Always place your baby on his back to sleep on a firm, flat mattress.

The average baby sleeps 15 hours per day at this age. It is normal for your baby to sleep more on some days and less on other days.

Usually by 4 months of age, babies can sleep in their own room, through the night for at least 5-6 hours without needing to be fed.

Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! He needs to learn to put himself to sleep without your help.

Do not encourage your baby to wake for middle of the night feedings by playing and talking to him - make the nighttime boring.

ELIMINATION

Once your baby begins to eat solids, there will be changes in the stools (frequency, color, and consistency). This is normal and they may wake at night.

If you think your baby is constipated, call our office for some helpful hints.

FOR YOUR 4 MONTH OLD

SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat until 2 years of age.

Always make sure your baby sleeps in a safe place. The crib slats should be less than 2 -3/8 inches apart.

Take an infant CPR/first aid class.

Set your hot water heater to 120°F to prevent burns and never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.

Inspect toys carefully for safety.

OTHER THINGS TO KEEP IN MIND

Know the signs of illness – temperature **over 100.5** rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to determine if an appointment is necessary. A fever alone doesn't necessarily mean your baby needs to be seen.

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Sunscreen (SPF 15 or higher) should be avoided in less than 6 months of age. You may apply to small areas if they can't be covered well.

Shaking or spanking your baby may cause serious injury or death.

Do not smoke around your baby - it may lead to respiratory problems and allergies and can increase his risk for sudden infant death syndrome (SIDS). This is a great time to consider quitting!

Hold, talk, and sing to your baby.

SUGGESTED READING

- "What to Expect the First Year"*
- "The Secrets of the Baby Whisperer"*
- "Solve Your Child's Sleep Problems"*
- "Sleeping Through the Night"*
- "The Sleepeasy Solution"*

WEBSITES

- www.carypediatriccenter.com
- www.aap.org
- www.cdc.gov/vaccines
- www.healthychildren.org
- www.seatcheck.org

ACETAMINOPHEN DOSAGE (160 mg/5ml) (EVERY 4-6 HOURS)

- 6-11 lbs = 1.25 ml
- 12-17 lbs = 2.5ml

No ibuprofen should be given prior to 6 months of age.

TESTS/IMMUNIZATIONS FOR TODAY

Vaccines will be given. Please review our information sheets or you may visit www.aap.org for more information.

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT IS AT 6 MONTHS

at the six month check-up...

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
- Your baby will receive vaccines.
- You will be given a developmental questionnaire to complete in our office.