

Fourth Month Visit

Date:

NUTRITION

Babies at this age continue to get all their nutrition from breast milk or formula. The baby will take 4-8 oz every 3-4 hours during the day. Solid food doesn't have to be added to the diet until 5-6 months of age. Giving your baby solids will not help them sleep through the night. Signs that the baby may be ready for solid food include good head control, interest in watching others eat, opening their mouth as food nears and not sticking out their tongue when you offer a spoon. If you decide to start solids prior to six months, follow these tips:

Start with infant rice cereal mixed with breast milk or formula.

After about one week of cereal, you can start pureed vegetables or fruits.

Introduce new foods slowly – just one new food every three days.

Be aware that your baby's bowel movements will change when you start solid foods.

Do not give your baby cow's milk or honey.

If your baby drinks less than 32 ounces of formula a day, keep giving Vitamin D supplementation.

SAFETY

Never leave the baby unattended in the car, in the bath, or on elevated surfaces. The car seat should still be rear facing, preferably in the center of the rear seat. Make sure your baby's toys do not have sharp edges and can't be broken. The water heater should be set below 120 F to prevent accidental burns. Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

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). Babies can sleep up to 10-12 hours a night at this age.

To encourage health sleep patterns:

Create a regular bedtime routine at night.

Put the baby to bed awake.

Allow the baby to cry for awhile at night before rushing to feed them.

IMMUNIZATIONS

DTap (diphtheria, tetanus, and pertussis)/Hib (haemophilus influenza)/Polio; Pevnar, Rotavirus.

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your baby acetaminophen every 4-6 hours as needed. Avoid Ibuprofen until the baby is six months

old.

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice your baby:

Smiles and laughs

Initiates interaction

Starts to babble

Drools (not always a sign of teething)

Lifts head and chest when lying on tummy

Shows good head control

Rolls over and reaches for objects

PROMOTING DEVELOPMENT

Encourage your baby to play on their 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.

Do not let your baby watch TV.

FOCUS ON FAMILY

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

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.

WHEN TO CALL OFFICE

Call the office if you have questions or the baby:

Cries more than normal or can't be comforted.

Has trouble breathing.

Is limp or sluggish.

Next visit at 6 months