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4 Month Exam

WEIGHT: _____ LBS. _____ %

LENGTH: _____ IN. _____ %

HEAD CIRCUMFERENCE: _____ IN. _____ %

FEEDING:

Continue feeding breast milk or formula as you have done. You should not give milk bottles in bed. Sucking on them while falling asleep can damage erupting teeth.

- **SOLID FOODS:** Your baby will be ready for solid foods soon.
- **CEREAL:** When starting solids, rice cereal is the first and most important one. Sit him/her in an infant seat or highchair that reclines slightly. Be ready for a mess!
- **HAVE FUN!** Begin with rice cereal. Feed from a spoon, not a bottle. To start, the mixture should be very thin then gradually made thicker as the baby learns to handle solids. You may increase up to three or four tablespoons. Cereal can be mixed with breast milk, formula, or water. Mix to a consistency of apple sauce or oatmeal. Once your baby has tolerated rice cereal for a week, you may introduce barley, oatmeal, then mixed cereal. You should stay with one type of cereal for three days before introducing a new one. You may offer a bottle or breast milk after the solid foods (they will fill up on milk if you give milk before a spoon feeding).
- **FRUITS/VEGETABLES:** After your infant has tolerated cereal, you may begin to add vegetables or fruits. Offer each new vegetable with a familiar taste like their cereal. Allow 2-3 days before introducing another new food. There is no correct order in introducing foods. Remember no more than 1 new food every 2-3 days apart and avoid introducing new foods late in the evening to avoid an upset stomach from a new disliked food at 3:00AM! Offer them as much or as little as they will take as this is all just practice – we still get the bulk of our nutritional calories from breastmilk or formula. Have fun with any combination of foods you choose to try!

DEVELOPMENT:

At this age your baby is more alert. He/she may be sleeping through the night, but be aware that many babies go thru a transient sleep regression and temporarily may backslide from all of the progress previously gained. This will last for 4-6 weeks then resolve – hang in there! Your baby may be reaching and grabbing for objects. They may start to put things in their mouth and at the same time you may notice increased drooling. These observations make most people believe their infants are teething at this stage, but most

babies don't begin teething until sometime after 6 months of age. Head control is good. Most infants begin rolling over here, from belly to back and then vice versa shortly thereafter. Don't trust them alone on a bed or changing table as they will roll right off onto the floor!

SAFETY:

Chances of falling are greater due to increased mobility. Your infant can grab objects and may bring them to his/her mouth. Be aware of signs of swallowing or choking. Keep small objects out of reach. Never put infant seats on elevated surfaces, like countertops. Avoid walkers!

IMMUNIZATIONS:

Today Pediarix #2 (DTaP, IPV, Hep B), Prevnar #2, Rotateq #2 (oral) and Hib #2. Use Acetaminophen drops if necessary for pain or discomfort. Let us know of any reaction.

NEXT VISIT:

See you at six months of age. Your baby will receive Pediarix, Prevnar, Hib and Rotateq at the next visit.