



## 4-MONTH VISIT

### NUTRITION



It is fine to offer breast milk or formula exclusively until 6 months of age. Babies age 4-6 months will take about 26-40 ounces of breast milk or iron-fortified formula per day, in 4-7 feedings. Your baby will now begin to show you when he/she is hungry. Babies can also begin readiness for solid foods between 4 and 6 months. Start with 1-2 Tablespoons of soft or pureed foods and introduce a new food every 3-5 days. If you are making your baby's food, no sugar or salt should be added. If your child is completely or partially breastfed, make sure you are giving him/her a vitamin D supplement (400 IU/daily). Juice is not recommended for your baby. Do not put a bottle in the bed or prop the bottle in baby's mouth. Do not give your baby honey until 1 year of age or later, and do not give your baby food that requires chewing.

### DEVELOPMENT

Four-month-old babies babble, coo, smile, laugh and squeal. They reach and grasp objects, and recognize their parent's voice and touch. Talk, sing and even read to your baby. Allow your baby safe opportunities to explore the environment. Large, bright, noisy objects that babies can safely grab and chew are good for this age. Put your baby on the tummy when awake – we encourage “tummy play” during the day. **Be sure tummy time is supervised so that baby will not roll away or off furniture.**

### SAFE TO SLEEP

**Always place your baby on his or her back for sleeping. Stop swaddling as soon as your baby is able to roll over.** Infants typically sleep up to 10-12 hours during the night and may take 1-4 naps during the day. Put your baby to bed when awake, but drowsy, to help him/her learn to go to sleep on own. It is normal (and OK) for you to let your baby cry 10-15 minutes while trying to go to sleep. It is also OK to delay your reaction to fussing for a few minutes to see if your baby will go back to sleep on his/her own. When you do check on your baby at night, do not turn on the light, play with, pick up, or rock your baby. The sleep habits you teach your child now may help prevent common sleep problems later.

**Sudden infant death syndrome (SIDS)** is the sudden and unexplained death of an infant under one year of age. **One of the most important things you can do to decrease the chance of SIDS is to put your baby on his or her back to sleep until 1 year of age.** Once your baby can roll from back to front and front to back, he or she



does not need to be repositioned after rolling over on his/her own – but should still be placed initially on back. Other recommendations to prevent SIDS include:

- Use a firm sleep surface (safety approved mattress/crib).
- **Bed-sharing is NOT recommended and can be dangerous to your baby.**
- Breastfeeding is associated with reduced risk of SIDS.
- Keep soft objects (pillows, stuffed animals etc.) and loose bedding out of infant's crib/bassinet to prevent suffocation/strangulation.
- Offer pacifier at nap and bedtime (do not force infant to take or reinsert once it falls out of mouth).
- Avoid smoke exposure to baby and caregiver alcohol/illicit drug use.
- Avoid overheating your baby while sleeping. Infant should be dressed appropriately, with no greater than 1 layer more than adult would be comfortable in. A warm sleeper (if needed) is preferable to loose blankets. Do not use a hat on a sleeping baby.

### SAFETY

- Infant car seats should be rear-facing in the backseat of the car until the child has reached at least two years of age.
- Maintain a smoke-free environment for your baby.
- It's important to have a smoke detector and a CO2 monitor in your house.
- Test water temperature before baths, and set your water heater below 120° F.
- Child-proof your home to protect your baby from knives, matches, plants (some are poisonous), medications, outlets, cords, guns and plastic bags.
- Do not use baby walkers. They cause many preventable accidents and don't help a child learn to walk.
- The best way to protect your baby's skin from the sun is with a light layer of clothing, a hat and shade while outside. If skin is still exposed to the sun, apply a sunscreen made for children (minimum SPF 30) 30 minutes before exposure.

### TEETHING

Your baby is probably drooling quite a bit. Usually teeth do not start coming in until 6 months of age. Some babies will not get teeth until quite a bit later (a year or over) but they will still drool. This extra saliva may cause loose stools.

## **PARENTING**

Develop a daily routine to help your baby feel safe and in control. Don't forget to take some time for yourself. Giving yourself some "time off" will help you be a better parent. If you are having ongoing symptoms of postpartum blues or depression – let us know.

## **IMMUNIZATIONS & IMMUNIZATION REACTIONS**

Your baby should receive several immunizations today to protect against serious illness. About 25% of children have temporary symptoms following the administration of vaccines. If you think your baby is having a reaction to a vaccine given today it is OK

**Next Well Care Visit: 6 Months of Age (Please complete ASQ Developmental Screening prior to visit)**

You may request the 6-Month Ages & Stages Developmental Questionnaire when scheduling your appointment.

**APA Website: [www.advancedpediatricassociates.com](http://www.advancedpediatricassociates.com) | APA Patient Care Line: 303.699.6200**

to give **acetaminophen (see medications below)**, but call our office with any temperature greater than 102° F. Please refer to our web-site "Well Care & Immunizations" page for more information about normal immunization reactions.

## **MEDICATIONS**

**Ibuprofen (Motrin) should not be given to babies under 6 months old.**

Acetaminophen (Tylenol) may be given according to package directions for fever/pain. When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other household spoons to measure medicine.