

# 4 MONTH VISIT

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## Nutrition

- Still give breastmilk and/or formula and Vitamin D if mostly breastfed (max 24-32oz daily)
- Introduce iron fortified infant cereal when the child can sit up and open their mouth for a spoon (1 tbsp per day)
- After 2-3 days of cereal alone, can start pureed fruits and vegetables 1-2 times daily, advancing to 3 times daily by 6 months - try a new food every 2 days
- Don't give water, juice or honey yet
- Do not put food in bottles or prop bottle
- Create regular schedules for feeding and can introduce tiny tastes of peanut butter at 5 months under the direction of your provider

## Infant Care

- Your baby will receive immunizations today and may be fussy or have a fever
- You may give Tylenol as directed by your doctor, but if the fever lasts more than 2 days, please call the clinic or come in for evaluation
- If the baby gets teeth, wash the teeth with water 1-2 times daily to remove food from the teeth and prevent cavities
- Do not use teething tablets or numbing gels

## Sleep

- Some babies sleep through the night by 4 months, around 10-12 hours, but some still wake 1-2 times per night to feed
- Start bedtime while the baby is still awake and about to fall asleep, helping your baby to soothe itself to sleep
- Practice a bedtime ritual or routine
- Most babies nap 3-5 times per day, 4-6 hours total

## Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old AND 20lbs
- Remember to put your baby on its back to sleep and don't leave him/her unattended on high surfaces or in the tub
- Your baby will grab for things – keep hot liquids and choking hazards away
- Keep small objects away from the baby and avoid walkers

## Promoting Development

- Your baby will laugh out loud and look for their caregiver when upset
- Your baby can focus clearly with their eyes and interact with people, turning to voices and responding vocally
- Read and talk to your baby
- Play with toys that make noise, mobiles, mirrors and baby gyms – hands will be in the midline and the baby will reach for toys and grasp objects
- Encourage tummy time and floor play – he/she will be able to support on wrists and elbows and will roll over
- No TV or baby videos until 2 yrs old
- Early childcare programs may be available for infants and parents in your area

## Vaccines

- DTaP (Diphtheria, Tetanus, Pertussis)
- HepB (Hepatitis B)
- IPV (Polio)
- Hib (Haemophilus influenzae)
- Prevnar-13 (Pneumococcus)
- Rotarix (oral for Rotavirus)

**\*Next Visit: 6 months old for well-child visit & vaccines**