

4 MONTH OLD WELL CHILD VISIT

What do 4 Month Olds do?

- She is more affectionate and expressive. She smiles more, babbles and even laughs. She responds to love and recognizes familiar faces. Interacting with you is her favorite activity. She loves hearing you read, sing and talk to her.
- She has good head control, likes to watch herself in the mirror, is starting to roll from tummy to back, reaches for objects, picks up things with one hand and moves both arms and legs. Play with her as she reaches and rolls for brightly colored toys. She should not be watching TV or videos.
- Over the next few months, expect his first teeth to start coming in (usually between 4-9 months of age). He will start to roll over and will soon be strong enough to sit on his own. Child proof your home before your child begins to crawl.

Things to Know about Caring for 4 Month Olds

Feeding:

- Breastmilk or iron-fortified formula is still your child's main source of nutrition at this age. 30 ounces a day is average, but your baby may take more or less.
- Hold the bottle instead of propping it in your baby's mouth. This will decrease his risk for choking, ear infections and dental cavities.
- You can start feeding your baby rice cereal over the next 2 months. Start by mixing 1-2 Tablespoons of dry cereal with an ounce of formula/breastmilk in the morning and night. Eventually, she may eat up to 4 Tbsp. several times a day. It may take some time for your baby to get used to spoon-feeding.
- You can start Stage I baby foods between 5-6 months of age. Introduce one new food per week. You may also puree your own foods but do not add salt or sugar.
- Avoid nuts, eggs, fish and shellfish until after 1 year.
- Your baby should not be drinking cow's milk, juice, Kool-Aid or water yet.

Sleeping Tips:

- Place your baby in his/her crib when he is drowsy but not asleep. Have a daily routine for naps, feedings and bedtime. This will help her learn to put herself to sleep and to sleep longer at night.
- Continue to put your baby to sleep on her back for the first year of life. She may start to roll over, and that is OK.
- Remember to lower the mattress in the crib before your child can sit up by herself and always keep the sides of the crib raised when she is in it. To reduce the risk of suffocation, keep soft bedding or soft toys or bumpers out of the crib.

Looking Ahead:

- Colds, fevers and diarrheal illnesses are common, especially if your child is in daycare. Most of these illnesses are viral. Tylenol and saline nasal spray are the only safe medications to give. Other cough and cold medicines are not safe. Do not give your child ibuprofen/Motrin until after 6 months of age. Don't give your baby cough/cold medicine; only saline nasal spray used with a nasal suction bulb is safe for congestion in a baby.
- For teething, you can give your child Tylenol or a chilled teething ring.
- Your baby may cry a lot. This may be due to colic. If he is fed, clean, and safe and you are getting upset, place him/her in the crib and take a break. Crying won't hurt him.