

## **YOUR BABY AT 4 MONTHS**

### ***DEVELOPMENT***

At this age most babies smile spontaneously, start to reach for objects, roll over, respond to sound, and sit with support. They can hold their head up without help. At this age your baby will start doing many new things and interacting more with the world around him. If you feel your baby is not interacting more with you or is not responding to you in new ways, please tell Dr. Lacy or Dr. Elias.

### ***MEDICATIONS***

As we recommended at the 2 month visit, breastfeeding mothers should continue their prenatal vitamins, and bottle fed babies receive adequate vitamin supplements in the formula. You can give acetaminophen (i.e. Infant Tylenol) for simple fever such as may occur after immunizations or minor illnesses. Use the following dose schedule according to weight:

0 - 10 lbs. - 0.4 ml every 4 hours

10 - 12 lbs. - 0.6 ml every 4 hours

12 - 17 lbs. - 0.8 ml every 4 hours

18 - 23 lbs. - 1.2 ml every 4 hours

If any medicine comes with a dropper, use that dropper to measure the medicine. It is important to use an accurate device to measure ALL medicines for your baby; these devices can be purchased at the pharmacy.

### ***SLEEP***

Discontinue the 2:00 a.m. feeding before it becomes a habit. Your baby does not need to be fed more than 4 to 5 times per day when you drop the middle of the night feeding. If your baby cries for more than 5 minutes during the night, do not feed him, but just comfort him. Try to not turn on the light or pick him up; the least stimulation the better. If the crying continues, you can recheck your baby every 20 minutes. Remember that all children have 4 to 5 partial awakenings a night.

### ***FEEDING***

Between 4 - 6 months is the best time to introduce solid foods. Some babies are ready earlier than others, and there is no "magic" age that is best. Generally by six months of age most babies

are ready for some solid food. Please refer to the handout "Introducing Solid Food." Old bottles and/or nipples should not be used as harmful chemicals may leach out of plastic over time.

### ***RECOMMENDATIONS***

- Continue to use your car seat. Your baby may be outgrowing his infant seat. Follow the manufacturer's recommendations and replace with a larger seat when your baby reaches the maximum weight allowed.
- Keep dangerous objects out of reach.
  - Do not leave your baby unattended.
- Stimulate your baby verbally and tactically.
- Offer safe, colorful toys.

### ***IMMUNIZATIONS***

Dr. Elias or Dr. Lacy will discuss with you which immunizations your baby will receive today.

- DTaP (Diphtheria, Tetanus, acellular Pertussis,)
- IPV ( Inactivated Polio vaccine)
- Hib (Haemophilus Influenza B - a bacteria germ that causes meningitis)
- Pneumococcal (Streptococcus pneumonia - a bacteria germ that causes meningitis)
- Rotavirus (a virus that causes severe vomiting and diarrhea) \* this is an oral vaccine

**Please review the immunization schedule and handouts before coming to your 6 month visit**

(available on the website under vaccine section)

TODAY'S WEIGHT: \_\_\_\_\_

LENGTH: \_\_\_\_\_

H C : \_\_\_\_\_

SPECIAL INSTRUCTIONS: