

4 Month Well Child Visit

Weight _____ (%)

Length _____ (%)

Head Circumference _____ (%)

What to Expect:

Immunizations: DTaP, Hib, Pneumococcal (Prevnar), IPV, and Rotavirus vaccines will be given

Screenings/Labs: None at this visit, verbalize concerns to Pediatrician

Feeding / Nutrition:

Your baby should still be taking breastmilk or iron-fortified formula for their main source of nutrition. Most babies taking bottles consume about 4-6 oz every 4 hours, but more or less may be normal for your child as long as he/she is growing appropriately. The introduction of solid foods is not necessary until 6 months of age, but some babies may show readiness signs earlier. These signs might include: opening mouth for the spoon, sitting with support with good head and neck control, and interest in watching you eat. Exclusive breastfeeding is recommended for the first 6 months unless otherwise recommended by your pediatrician. If breastfeeding, continue giving Vitamin D 400 IU/day.

The first food most often recommended is iron fortified infant oat cereal because it is easily digested and has low allergy risk. Follow your baby's cues as to how much they want to eat, stopping when they will not open for the spoon or spit it out. It is important to introduce only 1 new food every 3-5 days so that if there is a reaction it is clear which food caused it.

Development:

- Laughing and babbling in response to smiling faces and gentle voices
- Tummy time while your baby is awake is important at this age to strengthen muscles; babies may begin to prop themselves up on their elbows or even begin rolling over
- Reaching for toys/objects and bringing their hands and toys to their mouths
- Your baby will still cry when hungry, tired, or soiled and will learn to trust you when you promptly respond to their needs.

Safety Issues:

- Babies are often rolling over at this age, so never leave yours alone on a high surface
- Encourage floor time and avoid walkers, always strap babies in to swings and Bumbo seats (which should only be placed on the floor)
- Continue to place your baby in a rear-facing infant car seat in the back seat and replace it if ever in an accident
- Avoid taking your baby in direct sunlight, if unavoidable, use lightweight clothing that covers the skin, hats with brims, and sunscreen with SPF 30-45 made with zinc oxide or titanium dioxide.

Notes: