

4 MONTHS

HEALTH ISSUES

Breastfeed or use an iron fortified formula.

Do not put bottle in bed with baby or prop the bottle in baby's mouth.

Do not give baby honey.

Consider introducing solid foods at 4-6 months (cereal first, then others).

Do not put cereal in bottle, rather spoon feed baby.

Know how to use a thermometer to take a rectal temperature.

Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).

Avoid direct sun exposure. If necessary, use a sunblock - SPF 50.

Use a vitamin supplement recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. Here are some general guidelines:

Place seat in the middle of the back seat, rear facing.

Do not place fluffy pillows, blankets, or stuffed animals in with baby.

Place baby on his or her BACK for sleeping.

Always keep a hand on your baby when lying on a changing table, bed, or sofa.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, and latches on cabinets).

Purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.

Obtain your local Poison Control Center's phone number and keep it on hand.

Do not use baby walkers. They are associated with serious injuries. The only acceptable substitute is a non-moving play station that baby can sit in.

YOUR BABY SHOULD...

Babble and coo.

Smile, laugh, and squeal.

Raise his or her head up with a "push-up" motion.

Recognize your voice.

Open hands, hold hands together, and hold onto objects.

Have bowel movements at least once every 3 days if formula fed, once every week if breast-fed.

YOU SHOULD...

Hold, cuddle, and rock baby.

Talk and sing regularly to baby.

Continue to read books to baby.

Encourage your partner to assist in caring for baby.

Develop a bedtime routine.

Spend time alone with your partner - one of the best thing you can do for your baby is to maintain a quality relationship with your partner.

Spend time alone with your baby's sibling(s) to make them know they remain special.

IMUNIZATIONS RECEIVED TODAY...

DTaP; IPV; Hib; Hep B, PCV 13; Rotateq

Side effects may include thigh pain and fever for which you can give instructed amount of Acetaminophen (Tylenol®) suspension every 4 hours as needed for fever or pain.

CALL IF...

Fever greater than 102 F; Lethargy, Ill appearing, or any concerns.

NEXT WELL VISIT IN 2 MONTHS (WHEN CHILD IS 6 MONTHS OLD)