

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Four (4) Month Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Feeding

Your baby should still be taking breast milk or infant formula. Most babies now take about 6 ounces every 4 to 5 hours.

Even if you only give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding your baby.

If your baby acts satisfied with milk, wait to start solids until closer to 6 month of age. Some babies are now ready to start cereal and can eat when he is able to hold his head up enough to eat from a spoon. Use a spoon to feed your baby cereal; *do not put cereal in a bottle*. When you start cereal, start with rice cereal mixed with breast milk or formula. You may want to start with a thin mix of cereal and then thicken it gradually. Pureed vegetables can also be started between 4 and 6 months. Start a new vegetable once every 3 days to make sure your baby is not allergic to the new food. After vegetables, fruits can be given - one new fruit every 3 days. If your baby gets fussy, has diarrhea, a rash or runny nose after a certain food is given, she may be allergic or intolerant to this food. Stop giving this food. If she did not have hives, choking or wheezing, try offering the food again in a few weeks. Avoid mixed vegetables or mixed cereals. Do not give desserts.

Babies will respond gleefully when they see a bottle, but don't give your baby a bottle just to quiet him when he really isn't hungry. Babies who spend too much time with a bottle in their mouth start to use the bottle as a security object, which makes weaning more difficult. They are also more likely to have ear infections and cavities. Find another security object like a stuffed animal or a blanket.

Teething

Your baby may begin teething. While getting teeth, your baby may drool and chew a lot. A cold teething ring is very useful. Use only a small amount of teething medicines, if that helps.

Sleep

Many babies are sleeping through the night by 4 months of age and will also nap 4 to 6 hours during the daytime. Place your baby in the crib while he is still awake, but drowsy.

If he can learn to put himself to sleep, he will not need you to rock or feed her. If he needs you to fall asleep, he will need you each time, which can be very tiring. Remember to place your baby in bed on his back.

Development

Now your baby can lift his head and shoulders even when on his back. He will gradually sit for a little time with support. His eyes may still appear crossed at times. He may soon turn from stomach to back. He puts everything into his mouth, fingers, toes, blanket and toys – anything that he can get his hands on. Your baby's voice may become louder. He may squeal when happy or cry when he wants food or to be held. In both cases, gentle, soothing voices are the best way to calm your baby. Babies at this age enjoy toys that make noise when shaken.

Car Safety

- Use an approved infant car seat correctly in the back seat. Your baby should still be rear facing.
- Never leave your baby alone in a car
- Wear your safety belt

Immunizations

At the 4 month visit, your baby should have a:

- * DPT (diphtheria, pertussis, tetanus) shot
- * Polio shot
- * Hib (Haemophilus influenza type B) shot
- * Pneumococcal
- * Rotavirus

Some of these vaccines come mixed together in the same shot, so your baby will not have to have 4 or 5 separate shots.

Your baby may run a fever and be irritable for about a day after the shots. Your baby may also have some soreness, redness, and swelling where the shots were given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment. Offer _____ mg of acetaminophen (Tylenol) every 4 to 6 hours, as needed for pain and/or fever.

Call us If:

- Your child has a rash or any other reaction besides fever and mild irritability
- Your child has a fever that lasts more than 36 hours

Next Visit

Your baby's next routine visit is at six (6) months of age. Your child will get the next set of immunizations. Please bring your shot record to each visit.