

6/12/2014 Four Month Visit

Suggested Diet/Feeding Reminders

For 4 Month Old:

Breast milk (suggest continuing exclusively)
Vitamins (if breast fed)
28-32 ounces of Formula
Rice Cereal (up to 2-3 tbsp/day)

For 6 Month Old:

Breast milk
26-30 ounces of Formula
Rice Cereal— up to 3-4 tbsp two times daily
Strained Veggies— up to 4-5 tbsp twice daily
Juices— 3-4 oz/day, unsweetened, apple or apple-prune (optional)
Introduce new food by trying it for 3-4 days before adding other new foods. Watch for rash, vomiting, diarrhea.
Teach your infant to eat from a small spoon.
No citrus juices until at least six months.
Resist sweets!

Safety Issues

Always use an approved car seat when traveling, in the back seat of the car!
Never leave baby unattended on an elevated surface or in or around water.
Don't leave small objects within baby's reach.
Don't smoke around your baby.
Don't prop bottles or leave them in baby's bed.
Don't hold baby when handling hot liquids.
Guard against ingestion of harmful objects and substances. Don't use the powder container to distract the baby.

Immunizations

Common reactions include fussiness, fever (102-103 degrees), and red swollen shot sites.

What to do:

Tylenol 0.6 to 0.8cc every 4 to 6 hours as needed
Extra holding, rocking, loving
Apply a warm, wet cloth to shot site at 10 minute intervals.
Call if: fever > 103, inconsolability for > 3 hours, fussiness > 2 days, any other concerns

Enjoy! Baby soon should be able to:

Roll over
Sit with support
Hold head up and steady when upright
Grasp objects and bring them to mouth
Spend long minutes looking at and touching his/her own hands
Turn to a voice
Squeal, coo, and laugh
Begin to notice the difference between parents and strangers

Miscellaneous

Teething

Babies drool at this age!
Usually "real" teething begins around 6 to 7 months for most babies.
Teething does not cause fevers over 101 degrees. It may cause drooling, fretfulness.
Offer a cool washcloth or teething ring for discomfort. Tylenol 0.6 to 0.8cc for occasional fretfulness is acceptable, but avoid "numbing" drops or salves.

Bowel Movements

As the diet changes, so will the stools (to some extent.)
Most bowel movements are normal as long as they don't contain blood, aren't "rock" hard, and come at least as frequently as every 4-5 days.

Encourage your baby to entertain him/herself for short periods of time.
Baby needs to sleep on his/her back.

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Use toys with bright colors (rattles, plastic cups, and blocks) where the baby can see and reach for them. Avoid toys with sharp edges or removable parts (which baby can swallow.)

Interact with your baby, playing “pat a cake” or “peek a boo.”

Don't place your baby in an infant walker or jumper for more than 30 minutes each day. Better to let your baby pull and wiggle and learn to crawl and explore. *Many infants suffer injuries sustained in a walker.*

Check out daycare centers with close scrutiny.

Realize that advice is sometimes helpful, but always ask your Pediatrician if things “sound too good to be true” or if you have concerns.

Excellent resource: *What to Expect the First Year* by Eisenberg, Murkoff, and Hathaway

