



Well Child Visit  
4 Months

General Pediatrics Department  
U.S. Naval Hospital, Okinawa

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Length: \_\_\_\_\_

### Feedings

1. Continue with breast milk or iron-fortified formula, average 28-32 oz/day. Avoid regular cow's milk until after 12 months.
2. Your baby may start solids between 4-6 months, if recommended by your doctor. Feed solids with a spoon, never in a bottle.
3. Start with iron-fortified rice cereal, begin with 1 Tbsp mixed with 2-4 Tbsp breast milk, formula, or water. Build up to 3-4Tbsp 2x/day by 6 months of age. Decrease the amount of fluid as your baby gets used to the consistency.
4. Add new foods slowly: one new food/week. Watch for rash, vomiting, or diarrhea with each new food. Stop the new food if these symptoms occur, and wait about 1 month to try again. Begin with vegetables before starting with fruits, introduce meats after 6 months of age.
5. Remember, no bottles in bed!
6. Avoid empty calories such as puddings, punches, soft drinks and desserts.
7. Do not give egg, tomatoes, citrus, or honey until after 12 months of age.
8. It is common for babies to refuse food, offer a few more times or again at the next meal.
9. Don't force your baby to eat if they act "full," they probably are.

### Sleep

1. Place your baby on his/her back or side to sleep.
2. Place your baby in the crib when drowsy, before he/she is completely asleep.
3. If possible, have your baby sleep in a crib in a room separate from yours.
4. Establish a nighttime routine to help your baby learn when sleep time is.
5. Babies often awaken during the night at this age. IF your baby awakens and cries, check for safety and comfort. Be boring. Avoid picking your baby up, feeding or playing with him/her, or taking him/her to your bed. Babies at this age do not need to eat during the night. It is important for your child to learn how to put him/herself back to sleep.

### Safety

1. **Crying and shaking baby:** NEVER shake your baby. Put your baby in a safe place, like the crib or playpen and give yourself a "time-out."
2. **Falls and injuries:** Never leave your baby unattended on an elevated surface or in the bathtub. Always keep crib rails up when your baby is in the crib. Lower the crib mattress as your baby grows. Keep the crib away from windows and curtain cords. Remove mobiles when your baby can sit up. Avoid lifting and swinging your child by the arms. This can dislocate the elbows.
3. **Car Accidents:** Always use a properly installed rear-facing car seat when driving. The center of the back seat is the safest for your baby. Never place the car seat in the front of the vehicle, especially if it has airbags. Never leave your child alone in the car.
4. **Burns:** Always check your baby's bath water temperature with your hand before placing your baby in it. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Protect your baby from damaging rays of the sun.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
6. **Choking:** Do you leave small objects within your baby's reach. Be aware of the good, yet potentially unsafe, intentions of older children who may give your baby inappropriate toys or food. Avoid toys with sharp edges or removable parts that your baby can swallow and avoid small hard foods like peanuts, popcorn, carrot sticks.

7. **Child-proof your house:** Do a search of your home on your hands and knees looking for potential hazards to your baby. Place safety covers on all unused electrical outlets. Put cords, plastic bags, small objects, household cleaners, household plants out of reach. Remember that your baby will place everything into his/her mouth.
8. **Avoid infant walkers:** The American Academy of Pediatrics advises against these as they are a known safety hazard and can possibly lead to delays in motor development. Let your baby wiggle and learn to crawl and explore. The use of play saucers, though, is safe and entertaining.

### **Parent tips**

1. **Play:** Place your baby on his/her stomach with bright safe toys when awake to help make muscles strong. But remember to continue to place your baby on his/her back or side to sleep. Play “peek-a-boo” and “pat-a-cake.” Talk, read, and sing to your baby.
2. **Teething** may begin at this age, though it can range from 1-12 months. It is normal for babies to drool even before teething starts. Teething may cause low-grade fever, looser stools and fussiness; it does not cause high fever or diarrhea. Tips: offer frozen teething rings, washcloths, or Tylenol for comfort.
3. Many normal babies will engage in thumb sucking, ear pulling, hair pulling and head banging. Thumb sucking will not deform your baby’s teeth at this age.
4. Clean your baby’s teeth with a soft brush or cloth.
5. Remember to take time for yourself.

### **Over the next few weeks, you can expect your baby to:**

- Sit with support
- Put weight on his/her feet
- Grasp objects and bring them to mouth
- Turn toward voices
- Squeal, coo, babble and get excited
- Begin to notice the difference between parents and strangers and have anxiety around strangers or cry when you leave.

### **Immunizations**

1. Your baby will receive the following immunizations today: DTap, IPV, Comvax (Hib and Hep B), and Prevnar.
2. Some infants have no reactions at all, others may be irritable and fussy for the next 24-48 hours, develop redness or tenderness at the injection site, or run a fever.
3. You may give Tylenol drops for fever or fussiness (usual dose of infant Tylenol is 80mg or 1 dropperful, but is based on your baby’s weight) up to every 4 hours as needed. You may also, apply warm towels to the injection site to soothe pain and redness.

### **Call your provider if your child:**

- Does not look well or is extremely sleepy or inconsolable.
- Has a fever over 102°F, especially without any explanation or associated cold symptoms.
- Vomits persistently or excessively.
- Falls, hits his/her head and passes out, vomits or behaves unusually.
- If you have any questions.

### **Important phone numbers**

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. CLOSED Thursday afternoons for Staff Ed/Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

### **Next Visit**

Bring your baby in at 6 months of age for an exam and the vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.