

4-Month Well-Child Exam

Date of this visit: _____

Next visit: 6 months

Weight: _____ / _____%

Length: _____ / _____%

Head: _____ / _____%

Acetaminophen (Tylenol® or Tempra®)

dose: _____

(Do not use aspirin)

Immunizations given during
this visit:

___ Diphtheria-tetanus-pertussis (DTaP)

___ H. influenza type B (Hib)

___ Polio (IPV)

___ Hepatitis B

___ PCV7

For after-hours assistance, call your local clinic; and staff will connect you to an available nurse.

Feeding

- ▼ Continue to breastfeed as the major source of nutrition for your baby. If bottle feeding, you should be using an iron-fortified formula.
- ▼ Most babies need no other foods until about 6 months of age. Signs that your baby may be ready for solids (baby cereal) include:
 - Acts hungry after nursing five to six times a day or needs over 32 to 40 ounces of formula a day
 - Controls head when sitting with minimal support
 - Follows spoon with eyes and can open mouth as spoon approaches
- ▼ Add solids slowly, starting with iron-fortified rice, barley or oatmeal cereal.
- ▼ Do not give honey until after the first birthday to prevent infant botulism.
- ▼ Do not give your child peanut butter or shell fish until after the first birthday. These foods may cause allergies.
- ▼ Do not put your baby to bed with a milk or juice bottle. It can increase the possibility of ear infections and can cause dental cavities.

Bowel movements

- ▼ Changes in color and texture of bowel movements may occur when your baby begins eating solid food.

Sleep

- ▼ Avoid too many activities during the day. This may interrupt sleeping patterns at night.
- ▼ Establish a bedtime routine—rocking, singing or story-telling, for instance.
- ▼ Give your baby a pacifier, a blanket or a stuffed toy for comfort.
- ▼ Some babies will settle down after a few minutes of crying during the night. If your baby cries for more than five minutes, it is okay to go to him or her to offer comfort. The longer a baby cries, the longer it may take him or her to go back to sleep.

continued on back

Development

- ▼ Developmental milestones you may begin to see:
 - Reaching for objects and carefully studying them
 - Laughing, squealing and becoming more playful
 - Becoming more easily distracted while at the breast or bottle
 - Rolling over (ages for this vary widely)
 - Putting everything into mouth
 - Turning head purposefully in response to human voice
 - Fascination with looking in mirror
- ▼ It is normal for babies to drool a lot and put things in their mouth at this age. This does not necessarily mean your baby is teething.

Safety

- ▼ Do not use a walker. They are not safe.
- ▼ To childproof your home, follow these guidelines:
 - Remove small objects from the floor.
 - Cover electrical outlets.
 - Remove dangling cords.
 - Remove plants from baby's reach.
 - Put safety gates at the top and bottom of stairs.
- ▼ Never leave your baby unattended.
- ▼ Avoid direct sunlight. Use a hat with a brim or sun visor and keep your baby under an umbrella. If your infant must be outdoors, use a sunscreen to prevent sunburn.

Illness prevention

- ▼ Breastfeeding is recommended by the American Academy of Pediatrics for one year because it offers protection from frequent ear infections.
- ▼ Discourage visitors who are sick with a fever or contagious disease. Wash your hands frequently and ask visitors to wash their hands before holding your baby.
- ▼ Discourage children with colds or illness from sharing toys or pacifiers with other children.

Illness

- ▼ Call your clinic if your baby:
 - Is feeding poorly
 - Has frequent watery stools
 - Has vomited more than one time
 - Is irritable or listless

Immunizations at the 6-month visit:

___ Diphtheria-tetanus-pertussis (DTaP)

___ Hepatitis B

___ H. influenza type B (Hib)

___ PCV7

___ Polio (IPV)