



Town & Country Pediatrics

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www.townandcountrypeds.com

Your Four Month Old Infant

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

Feeding:

- Cereal or other solids are not required until 6 months of age. If you feel your baby needs food, talk to your provider or call our office for guidance.
- Breast-feed your baby 5-8 times, until your baby seems content. Continue prenatal vitamins while breast-feeding.
- Exclusively or mostly breast-fed babies need a Vitamin D supplement of 400 IU daily. This is available over the counter.
- If you think your infant is going on a “nursing strike”- call the office for some helpful hints.
- If you do not breast-feed, use an iron-fortified infant formula. Feed your baby 5-7 ounces at each feeding for a total of 28-32 ounces per day. By 6 months, many babies eat up to 36 ounces per day. Do not heat formula/expressed breast milk in the microwave. Use nursery water for mixing powdered formula.
- Babies do not need supplemental water.



Elimination:

- Breast-fed babies have yellow stools with a pasty, watery, or curd-like consistency. The frequency varies widely – a few per day to one per week is normal (yes-one per week as long as it is soft!).
- Bottle-fed babies usually have soft brown, green or yellow stools.

General Principles for Introducing Solids

- Be alert to your baby’s cues, do not force your baby to take solids if he isn’t ready
- Use a small plastic coated spoon to feed, do not put cereal in the bottle

- Infant rice or oatmeal (single grain) cereal is the most appropriate first food – mix with formula or breast milk, to a semi-liquid consistency
- Introduce new foods, one at a time, and give the same food for 3-5 days in a row, watch for allergic reaction (rash on the face or body, vomiting, diarrhea, blood in the stool)
- Provide a variety of foods – iron-fortified cereals and pureed fruits, vegetables, and meats
- Form and consistency of food should match your baby’s developmental skills – choking is a hazard at this age
- Most babies eat 1 meal to start, but quickly go up to 3 meals a day by 6-8 months

Sleep:

- **Your baby should be falling asleep without the aid of a swaddling blanket at this age.** Always place your baby on his back to sleep on a firm, flat mattress with no crib bumpers or positioners.
- The average baby sleeps 15 hours per day at this age. It is normal for your baby to sleep more on some days and less on other days.
- By 4 months of age, some babies can sleep through the night without needing to be fed.
- Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! He will begin to learn how to put himself to sleep without your help.
- Do not encourage your baby to wake for middle of the night feedings by playing and talking to him – make the nighttime dark and boring.

Development: (4 to 6 months):

- Supervised awake tummy time is still important! Your child may be rolling over, encourage this developmental task by playing on the floor with your child. Floor time is MUCH more important than jumpers, exersaucers, swings, and bouncer chairs.
- Reduce the time in car-seat carriers, bouncy seats, and swings- these devices apply pressure to the back of the head increasing the chances of a “flat head” and delaying development.
- Your child may be bearing weight on his legs and holding his head and body up
- Smiles, babbles, laughs, blows bubbles, makes “raspberries”
- Visually follows an object, distance vision is improving, she responds to her name
- Grabs, shakes a rattle, puts hands together, may transfer object from hand to hand, puts everything in mouth
- Sometime between 4-6 months, babies may start awakening again in the middle of the night when they previously had been sleeping. This is normal. Sometimes, there is a growth spurt that may necessitate an extra feeding. Sometimes, your baby may be showing his new developmental skill of “object permanence”- knowing and realizing you are in the other room and will cry to get you to come in for a visit. Sleep training is possible, but call the office if you have questions or concerns.
- The AAP recommends “no TV until age 2”.



Illinois Poison Control Center (800) 222-1222
 Lurie Children’s Emergency Room (312) 227-3800
 Town & Country Pediatrics (312) 279-8900

Tests/Immunizations for Today:

- At each checkup, your baby’s length, weight, and head circumference are measured and then those numbers are plotted on a WHO (World Health Organization) chart for babies the same age and sex, and a percentile is derived. For example, if your provider tells you that your 4 month old son is in the 75th percentile for weight, it means that 75% of the 4 month old boys internationally weigh the same or less than your son does and 25% weigh more. If your baby was born prematurely, this is taken into account by using gestational age to plot. Parents should not worry about these percentages! Remember that your child will grow and develop at his own pace. These measurements are used as a guide to assess growth over time.
- Your baby will receive the Pentacel (DTaP, HiB, Polio), Prevnar, and Rotateq vaccines. Please review the information sheets.

At the 6 month check-up:

- Your baby will have a physical examination and your questions and concerns will be answered.
- Your baby will receive the Pentacel (DTaP, HiB, and IPV), Prevnar, and Rotateq vaccines.
- If you have any questions about vaccines check out our website, CDC at www.cdc.gov or <http://vaccine.chop.edu/parents>

Acetaminophen Dose (no ibuprofen!):

Every 4-6 hours and no more than 4 doses/day
 Makers of acetaminophen have transitioned to the same single concentration (160 mg /5 mL) for all OTC pediatric liquid acetaminophen products. *The discontinued concentrated infant drops 80mg/0.8mL formulation is no longer available.* Please read your label to check the concentration of the product before dosing.

<i>Weight</i>	<i>Acetaminophen Dose</i>	<i>Infant Drops 80mg/0.8mL</i>	<i>Infant Suspension 160 mg/5 mL</i>	<i>Children's Suspension 160mg/5mL</i>
6-11 lb	40 mg	0.4 mL or ½ dropper	¼ tsp or 1.25 mL	¼ tsp or 1.25 mL
12-17 lb	80 mg	0.8 mL or 1 dropper	½ tsp or 2.5 mL	½ tsp or 2.5 mL

Suggested Reading:

“The Nursing Mothers Companion”, “Solve Your Child’s Sleep Problems”, “What to Expect the First Year”, Caring for Your Baby and Young Child”

Additional Instructions:

Safety:

- Always use a carseat made for an infant and place it rear-facing in the back seat until he/she is 2 years.
- The average age for a baby to begin teething is 6-7 months. We do not recommend numbing teething gels such as Oragel®. These gels can cause a rare but serious condition called methemoglobinemia.
- Set your hot water heater to 100°F to prevent burns and never drink hot liquids while holding your baby.
- Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- Inspect toys for safety. For a list of toys that have been recalled visit www.cpsc.gov for recalled toys.
- No jogging with jogging strollers until 9-12 months!
- Protect from sun exposure with clothing, blankets, or an umbrella. Apply sunscreen (SPF 15 or higher) to sun exposed areas.

Other Things to Keep in Mind:

- Know the signs of illness – temperature equal to or over 102°F rectally for more than 3 days, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row.
- Important phone numbers to keep handy.

Visit our website at www.TownAndCountryPeds.com