



# 4 Months

Your baby is becoming more active – both physically and verbally. He or she actively participates in play with other family members and is busy observing all that is going on around them – this is how your baby is learning about the world.

## **Developmental and Milestones**

- Is more vocal (babbling, coos, laughs).
- Lies on tummy, holds head erect and raises body on hands.
- Controls head movement well.
- Reaches for and bats at objects.
- Recognizes parent's voice and touch.
- Has spontaneous social smile.
- Is able to comfort self.

## **Feeding and Nutrition**

- You can start to introduce solid foods with a spoon (rice cereal).
- In certain families with severe allergies, your pediatrician may have specific recommendations about the type and timing of solid food introduction. However, for most families there is no need to delay introduction of high allergenic foods (peanut, milk, egg, citrus) beyond 4-6 months. Please discuss your situation with your physician.
- Avoid honey for the first year.
- Slowly introduce new foods, every 4-5 days. Bad reactions are easier to detect.
- At this point, your baby should weigh close to double his or her birth weight.
- Continue to breastfeed or use formula.
- You can now start to wean off night time feeding.



## Sleep

- Continue to put your baby to sleep on his or her back. However, it is a good practice to place babies on their tummy several times a day, allowing them to exercise the muscles of the chest and back.
- Start to help baby self-sooth by putting baby to bed awake.
- Do not put baby to bed with stuffed animal, blanket, or toy.

## General Health and Safety

- Continue to use rear facing infant car seat at all times.
- Continue to test water temperature with your wrist.
- Do not leave baby alone in a tub of water or on high places such as changing tables, beds, sofas, etc. Keep one hand on your baby at all times.
- Keep a smoke free environment.
- Avoid over exposure to the sun.
- Keep toys with small or sharp parts out of child's reach.

## When to Call or See Your Pediatrician

- Fever.
- Excessive vomiting.
- Lack of appetite.
- Irritability or lethargy.
- Unusual skin rashes.
- Anything out of the ordinary.

## Immunizations

- DTaP (Diphtheria, Tetanus, and Pertussis)
- IPV (Polio)
- HIB (Haemophilus Influenza)
- PCV (Pneumococcal)
- RV (Rotavirus)

Date \_\_\_\_\_

Your Next Visit: 6 Months

Height \_\_\_\_\_ Percentile \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ AM/PM

Weight \_\_\_\_\_ Percentile \_\_\_\_\_

Provider \_\_\_\_\_

Head Circumference \_\_\_\_\_ Percentile \_\_\_\_\_

