



**Southeastern
Pediatric**
ASSOCIATES, P.A.

4 Month Well Visit

4
Month

At this visit, your doctor will...

- Check baby's weight, length and head circumference
- Do a physical exam with your baby undressed while you are present
- Discuss baby's development
- Address any concerns/questions you may have
- Immunizations: 4 Month scheduled vaccines (see Immunization Schedule)
(consider giving baby Tylenol just before this well visit - see Medication Dosing Chart)

Feeding

- For babies at 4 months of age, breast milk or formula is generally still the best food.
- If still breastfeeding, that's great! Begin to plan for pumping and storage of breast milk.
- If formula feeding, safely prepare, heat and store formula. Hold baby while feeding, and avoid propping the bottle. Do not put baby to bed with a bottle
- Typically, you should not introduce solid foods, juice or water until about 6 months. Be sure to talk with baby's doctor before starting baby on any solids.
- Babies this age should have several wet diapers a day and regular bowel movements. Some may poop every day; others may poop every few days. This is normal as long as stools are soft. Let your doctor know if they become hard, dry, or difficult to pass.

Tips

- Take care of yourself:
 - Take time for yourself.
 - Spend time socially with your partner, family and friends.
 - Choose a mature, responsible caregiver or babysitter.
 - Be sure to let your doctor and/or baby's doctor know if you are feeling anxious or overwhelmed.

Sleeping

- At this age, babies sleep about 12 to 16 hours a day, with two or three daytime naps. Most babies have a stretch of sleep for 5 or 6 hours at night. Some infants, particularly those who are breastfed, may wake more often.
- Continue to put baby to sleep on his/her back in a crib that meets current safety standards (www.cpsc.gov) with a firm mattress without any bumpers, blankets, quilts, pillows, or plush toys. Crib should not have a drop-side rail, and slats should be no more than 2 3/8 inches apart.
- Now is a good time to lower baby's mattress.

Routine Baby Care

- Notice what helps to calm your baby: patting, rocking, talking, going for walks, sucking fingers or pacifier, etc.
- Continue routines for feeding, sleeping, bathing and playing daily
- Keep baby out of the sun (sunscreen is not recommended before 6 months old)

Healthy Teeth

- Some babies begin teething when they're around 4 months old. If your baby has pain, use a cold teething ring. Talk to your doctor before giving acetaminophen for pain.
- Make sure you are getting appropriate dental care twice per year. If your teeth are unhealthy, you could pass bacteria on to baby and possibly cause tooth decay.

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures

- Do not share cups or spoons with your baby, or use your mouth to clean baby's pacifier.
- Clean baby's gums and teeth as soon as you see the first tooth. Use a soft cloth or toothbrush with a small smear (size of a grain of rice) of fluoride toothpaste.

Development

- Interact with your baby! Singing, talking, and reading to your baby are great ways to help him/her learn.
- Encourage active play: Offer child-safe mirror, floor gyms and colorful age-appropriate toys
- Learn what your baby likes and does not like
- Give your baby supervised "tummy time" when awake, and be ready to help if he or she gets tired or frustrated in this position.
- Limit the amount of time your baby spends in an infant seat, bouncer, or swing
- Limit screen time for your baby; TV, videos, etc. aren't recommended for babies this young.

By 4 months*, it's common for many babies to:

- turn when they hear voices
- smile, laugh, and squeal
- "coo" in response to your "coos"
- bring hands together in front of chest
- reach for and grasp objects
- have good head control when sitting
- hold up head and chest, supporting themselves on arms, while on tummy
- roll from front to back

*All babies develop at different rates, and meet developmental milestones differently. Talk to baby's doctor if you have any concerns.

Medication

- Always follow the advice of your doctor when giving any medication.
- Use our Medication Dosing Chart as a guideline for the appropriate dose of Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) to give baby.

Poison Help: 1-800-222-1222

When to Call

Fever: Rectal temperature above 100.4°
If you suspect that your baby is not acting normal for any reason

Safety

Car Safety

- Always use a car safety seat properly. Place the seat rear-facing in the back seat, and never in the front seat with a passenger airbag.
- Never leave baby alone in the car
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs

**Child Safety Seat Inspection:
1-866-SEATCHECK (732-2432) or
www.seatcheck.org**

General Safety

- Do not smoke/vape or allow others to smoke/vape around baby
- Do not leave baby unattended
- Never leave a baby alone with siblings or pets, in the bath, on a changing table, or any other raised surface
- Keep small objects such as balloons, bags, toys from other children away from baby
- Never feed baby hard pieces of food such as raw carrots, hot dogs, grapes, apples, peanuts, and popcorn
- Make sure your home's water temperature is set to below 120° F
- Do not carry or drink hot liquids while holding baby
- Test baby's bath water and formula temperature with your wrist
- Do not use a baby walker as they are more likely to cause accidents
- The kitchen is a dangerous place. Avoid letting baby crawl in kitchen by using a playpen or high chair

Date:

Weight:

Next Visit: **6 Month Well Visit with Immunizations**

For information on 6 Month Well Visit:
www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures