

# The Pediatric Center

Boulder, CO  
303-442-2913

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## 4 MONTH VISIT



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### TODAY'S MEASUREMENTS

Head Circumference

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Height

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Weight

\_\_\_\_\_ pounds \_\_\_\_\_ ounces ( \_\_\_\_\_ percentile)

### IMMUNIZATIONS

DTaP (diphtheria, tetanus and pertussis)

Hib (haemophilus influenzae)

Polio

Pneumococcal conjugate

Rotavirus

RSV (if indicated)

Possible side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- More spitting up or looser stools

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

**Next Visit:** Six months of age

### FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. If a parent feels sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at [www.postpartum.net](http://www.postpartum.net)
- Parents may have returned to work or will soon. It is normal to feel anxious or guilty about leaving your baby with someone else during the day. It will take time for you and the baby to adjust but you will. Parents are encouraged to talk with friends and family about their feelings. They may also need to speak with their employer if there is a need for a place to pump breast milk at work.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

### DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your child:

- Smiles and laughs
- Initiates interaction with others
- Starts to babble
- Drools (not always a sign of teething)
- Keeps hands together and brings them to his or her mouth
- Lifts head and chest when lying on tummy
- Shows good head control
- Rolls over and reaches for objects.

### SLEEP

Babies' sleeping habits vary at this age. Some babies may sleep seven or eight hours in a row while others still wake every three to four hours to feed. Create a regular bedtime routine every night. This may include a massage, bath, change of clothes, quiet songs or reading a story. Also start to put your baby down while he or she is still drowsy but awake. This will teach your baby how to put himself or herself to sleep. If you have questions about your baby's sleep, talk with your doctor.

## NUTRITION

Babies at this age continue to get all their nutrition from breast milk or formula. Some babies become easily distracted during feeding because they get so interested in things around them. If feeding becomes difficult, try feeding your baby in a quiet, darkened room for a few weeks.

Babies do not need solids until they are four to six months old. Your doctor may have specific advice based on your baby's growth or family history of allergies. Giving your baby solids will not help him or her sleep through the night. Signs that your baby may be ready for solid food include good head control, interest in watching others eat, opening his or her mouth as food nears and not sticking out his or her tongue when you offer a spoon. If you and your doctor decide to start your baby on solids before the next visit at six months, follow these tips:

- Start with Stage 1 consistency, single ingredient fruits, vegetables, grains or meats.
- Allow your baby to eat as much or as little as he or she wants. A tablespoon may be an entire meal at the beginning.
- Introduce new foods slowly—just one new food every three days.
- If your baby does not like the taste of a food the first time you offer it, offer it again several times over the next few weeks.
- Gradually increase the number of solid food meals to two to three a day during the next few months.
- Be aware that your baby's bowel movements will change after you start him or her on solid foods; they may be more solid or different colors (based on what your baby has eaten) and smell more.
- Current research shows early introduction of peanut protein can decrease the risk of peanut allergy. You may introduce allergic foods like peanuts, tree nuts, egg, dairy, soy, fish, and shellfish to your baby's diet as long as they are an appropriate consistency and are introduced in a stepwise fashion.
- Do not give your baby milk or honey.
- Avoid foods that are choking hazards like whole nuts, raw carrots, hot dogs, whole grapes and hard candies.
- If your baby drinks only breast milk or less than 32 ounces of formula a day, keep giving him or her vitamin D supplements daily.
- Night feedings are still normal.

## SAFETY

- Never shake your baby.
- Set your water heater to 120°F so you won't burn your baby. Also do not cook or drink hot liquids while holding your baby.
- Always put your baby to sleep on his or her back on a firm mattress in their own sleep space. However, if your baby turns over by himself or herself, you do not need to keep turning your child over through the night.
- Keep pillows, bumpers, blankets and toys away from your baby while he or she sleeps.
- Do not use baby walkers that move.
- Always place your baby in a car seat that faces backward in the back seat. For more information, go to the National Highway Traffic Safety Administration website at [www.nhtsa.gov](http://www.nhtsa.gov)
- Never leave your baby alone in a car or a bath or on high surfaces due to the risk of falling. Always keep one hand on your baby when changing him or her on a high surface.
- Do not let people smoke around your baby.
- Never tie a pacifier or put jewelry around your baby's neck.
- Make sure that your baby's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide—your baby could choke on them if they are smaller than that. Keep balloons and plastic bags away from your baby—they are dangerous and can suffocate your child.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- Post the Poison Control Hotline on your refrigerator and in your phone contacts: 1-800-222-1222
- If you are concerned about violence in the home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE or [www.ndvh.org](http://www.ndvh.org)

## PROMOTING DEVELOPMENT

- Encourage your baby to play on his or her tummy a few times every day to help build muscle strength.
- Join your baby in quiet play (reading, sitting together outdoors, talking or cuddling) and active play (playing on the floor or with a baby gym, mobiles or mirrors) every day.
- Create a regular bedtime routine.

## WHEN TO CALL OUR OFFICE

Call your doctor if you have questions about your baby or if he or she:

- Has a rectal temperature of 100.4°F or higher
- Cries a lot more than normal or can't be comforted
- Has trouble breathing or is limp or sluggish

We can be reached at 303-442-2913. If it is after hours and you need assistance, press 6 to be connected to our answering service.