

FOUR MONTH CHECK

FEEDING:

For the first four months, formula or breast milk provided complete nutrition for your baby. At this time, you may begin to introduce cereals into her diet, followed by vegetables and fruits. When starting solid foods it is important to remember a few tips. Always offer them from a spoon unless otherwise directed. **START SLOWLY!** Add one new food at a time for 3 to 4 days before adding another. Hold off on meats, eggs and products from whole milk until we see you at the six month visit. Your baby should still take 24 - 30 ounces of formula per day, or as much breast milk as she desires.

It is not uncommon for infants to develop constipation when solids are introduced. If your baby's stools become hard, you may try giving oatmeal cereal instead of rice. Also, you could add an extra 2-4 ounces of water per day. Of the early baby fruits and vegetables...banana can be constipating for some babies, so avoid this if your little one is having firm stools. If these dietary changes do not lead to softer stools, please give us a call.

DEVELOPMENT:

Now probably on the move...rolling, rolling, rolling! Remember to always keep a hand on her when on elevated surfaces. Your baby may be grasping a rattle, squealing and holding her head steady without bobbing. Growth is rapid, your baby will double his birth weight by 5-6 months of age.

Infants at this age love mirrors and rattles. Talking and singing to her will surely get a smile!!

IMMUNIZATIONS:

Nothing new! Your baby may receive DTaP, IPV, Hib and Pneumococcal vaccine at this visit.

SAFETY:

At this age, babies may begin to reach for small objects and put them in their mouth and swallow them. This is normal explorative behavior for your baby. Teach your older children to pick up their small toys and look for small items that you could put up and away.

Don't forget to use the car seat at all times.

Never leave your baby unattended on a surface top or in the bathtub

DO NOT USE A MOBILE WALKER! They do not help a baby walk sooner and can cause injury to your baby.

Do you know the temperature of the water in your water heater? We recommend no higher than 120 degrees to help prevent burns. To measure the temperature, fill a bowl with hot water from any faucet, then place a meat or candy thermometer in the water. If it measures greater than 120 degrees, adjust the thermostat on your hot water heater.

Another tip to help prevent accidental burns...Avoid drinking hot liquids while holding your infant.

As a gift of health to your infant and to you never smoke in the house or car!!

This information is meant to supplement our discussions in the office during your little one's routine check-ups. Please keep a list of questions that you have in regards to your baby so they

can be addressed during the visit. ALWAYS trust your parental instincts and call us if you are worried about your baby.

NEXT VISIT: At 6 months of age.