



PEDIATRIC ASSOCIATES OF NYC, P.C.

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4 month visit

Today's Measurements: Height _____ Weight _____ HC _____

Vaccines

- DTAP, IPV, Pneumococcal, HIB, Rotateq
- Reaction: fever, irritability, redness at site, firm lump at sight. Cool compress today, warm compress tomorrow
- Acetaminophen dosage based on weight- see website for product info and dosing

Nutrition:

- Breast or formula feedings 4-7x/day
- Continue vitamin D for breastfed infants
- Babies may become distracted while feeding, interested in things and people around them. If feeding is difficult, try feeding in a quiet, darkened room.
- Babies can start solids between 4-6 months: sign of a baby's readiness are; good head control, interest in watching others eat, opening their mouth as food nears and not sticking tongue out when offer the spoon (extrusion reflex)

Development:

- Smiles and chuckles
- Vocalizes, starting to babble, makes sounds back when you talk to them
- Good head control
- Sits with support
- Rolling to side or completely over
- Reaches for objects/ holds a toy
- Hands open at rest
- Hands to midline/ looks at their hands

Teething:

- The first tooth erupts between 4 and 12 months (even up to 18 month in rare instances)
- A cold damp washcloth and chew toys are helpful
- Once teeth erupt, start wiping them with a soft cloth or finger brush and water

Sleep

- Develop a sleep/bedtime routine
- Put baby to sleep awake and drowsy
- Baby's can sleep 10-12 hours overnight at this age
- Its ok to start "sleep training"

When to call us:

- Rectal temp >101 for 72 hours
- Crying excessively or inconsolably
- Difficulty breathing
- Lethargic or poor feeding
- Vomiting forcefully or frequently
- OR if you have any other concerns or questions

Next visit in 2 months (6 months old)