

## RENAISSANCE PEDIATRICS, P.C.

# 4 Month Well Child Check

### Development

Smiles spontaneously

Self- consoles (hands in mouth)

Babbles

Responds to affection and surrounding

Pushes chest up to elbows

Good head control

Equal movements of arms and legs

Begins to roll and reach for objects

Provide your infant with consistent daily routines, play time, and tummy time



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

### RENAISSANCE PROVIDERS

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- Over the next 2 months, your baby may be ready to start eating solids
- Your baby is too young to receive the influenza vaccination but you can help protect them by receiving it yourself
  - Make sure to take time to stay in touch with family and friends
- Take some time for yourself and spend some alone time with your partner
- Choose babysitters and caregivers who are mature, trained, responsible and recommended by someone you trust

## Safety

- Infant walkers are not recommended at any age
- Never leave your baby in a bathtub, water, or on high places.
- Keep your baby securely fastened when in their safety car seat, bouncy chair, or swing
- Always keep one hand on your baby when changing diapers or clothing on a changing table, couch, or bed
- Keep all choking & strangulation hazards out of reach, these include:
  - bracelets, toys with loops, string, and cords
  - Lower crib mattress before your baby can sit up

## Oral Health

- Your oral health can affect your baby's!
- Avoid sharing spoons or cleaning a dropped pacifier in your mouth as this may increase the growth of bacteria in your baby's mouth and lead to dental decay when his teeth come in
  - Do not put your baby to bed with a bottle
- If your baby is teething, a cold teething ring may help soothe his gums

## Nutrition

- Between 4-6 months of age energy needs of babies increase.
- Babies may begin solids between 4-6 months, traditionally grains are started first, but introduction of different foods may occur in any order, including meats which offer excellent nutrients, especially for breastfeeding babies.
- Introduce single-ingredient new foods, one at a time, and watch for adverse reactions over several days to a week
- Breastfed infants should have daily Vitamin D (400 IU) supplements
- At this age, breast milk and formula are still the most important nutrition
  - Your baby may still be awakening for nighttime feedings

## 4 Month Well Child Check Cont.



### Parents Points of Interest

#### Poison Control Center

*Keep household products locked up and out of your baby's sight and reach. Call Poison Control Center 1-800-222-1222 immediately if your baby eats something that may be poisonous.*

#### Bedtime

*Set a bedtime routine and put baby to bed awake.*

#### Social

*Talk, sing, read to baby; also play music.*

#### Car seat Safety

*Child Safety Seat Inspection Station Locator:*

*[www.seatcheck.org](http://www.seatcheck.org)*

*866-SEATCHECK*

#### Breastfeeding Babies

*Even if only partially breastfeed, all nursing babies should receive vitamin supplements containing 400 IU of vitamin D.*