

FOUR MONTH VISIT

DEVELOPMENT

1. Infants are now much more aware of their surroundings, listen and coo when spoken to, babble, reach for objects and place them in their mouths and may roll over.
2. Talking and reading to your baby will enhance language development.
3. It is important to place your infant on their abdomen for brief supervised periods while awake to help develop better neck control and avoid flattening of the back of the head.
4. Infants begin to develop their own personalities and make more demands on their parents' time.
5. During the next two months, infants learn to sit up, transfer objects from one hand to the other and develop a fear of strangers.
6. Please complete the PEDS Response Form to help us assess your child's development. We recognize that some of the questions are not relevant to your child at this age.

DIET

1. Continue breast or formula feedings. At this age, solid foods may be introduced starting with rice cereal then proceeding to other cereals, fruits, and orange vegetables. Introduce one new food at a time and wait 3 days before introducing another new food. All feedings should be given on a spoon.
2. Feel free to prepare your own baby foods rather than buy commercially prepared foods. Do not add salt or sugar to your infant's food.
3. As your infant becomes more interested in solid foods, try giving food before offering the breast or bottle.
4. Burp well and hold the infant upright after feedings.
5. **DO NOT PLACE INFANT IN BED WITH BOTTLE.** Do not prop bottle.
6. Continue vitamin supplement if prescribed.

SAFETY

1. Always use an approved car seat placed in the back seat facing backward.
2. Do not leave infant unattended on a changing table, sofa, or bed, in the bath or in an infant seat on the table.
3. Keep plastic bags, safety pins, buttons, etc., out of infant's crib and off of the changing table.
4. Your home should be protected by smoke and carbon monoxide detectors.
5. Beware of hot liquids around the infant.
6. Be sure side rails on crib are up.
7. Check toys for small parts, parts that easily break or come off.
8. Do not hold anything else when holding your baby.
9. Give your baby a smoke-free household. Cigarette smoke has been shown to cause an increased risk of respiratory infections, ear infections, asthma and Sudden Infant Death Syndrome (SIDS).

TEETHING

1. Most infants do not erupt teeth until after 6 months of age.
2. The following signs have been associated with teething: excessive drooling, poor sleep, cough, congestion, runny nose, low grade fever (less than 101 degrees), spitting up, loose stools, and irritability.
3. Treatment consists of providing something hard on which the infant may chew such as a teething ring. If this does not provide relief, the use of acetaminophen drugs (such as Tylenol, Tempra, Liquiprin, or Panadol) may be beneficial. Use of Orajel or similar products is NOT recommended.
4. Temperatures greater than 101 degrees cannot be blamed on teething.

SLEEP

1. The American Academy of Pediatrics recommends that full term healthy infants be placed down for sleep on their backs. It is also recommended the infant sleep in the parents' room close to the parents' bed on a surface designed for infants such as a crib or bassinet at least for the first 6 months of life.
2. Some infants are sleeping through the night at this age and others are not. Infants who are fed at bedtime should be held rather than put into bed with a bottle. Infants placed to sleep should not be allowed to get up; they may have to be sung to or have their backs rubbed to get them to sleep. Some parents prefer to rock their infants to sleep in their arms. This is okay as long as you recognize that you are developing a habit that may be difficult to break. Do not bring your infant into bed with you. Parents who do this usually regret it. Infants who awaken at night and roll over should be changed if wet and placed back in the crib. If this is unsuccessful, and the infant has never slept through the night, additional feeding may be required. Infants who get up and play at night should not be rewarded with your presence. They will eventually go back to sleep if left alone.
3. The duration and timing of naps is variable. You will recognize when your infant is tired. Use a crib for sleeping. An infant seat on top of a table is not a safe place for an infant to sleep.
4. The American Academy of Pediatrics recommends 12-16 hours of sleep, including naps, per day at this age.

MISCELLANEOUS

1. Skin rashes, especially on the face, head and neck are common at this age, usually resolve spontaneously by 6 months of age and generally do not require any treatment.
2. Dress your infant comfortably. Avoid extremely warm or cold environments.
3. Discuss any concerns you may have about your infant with your physician.

IMMUNIZATIONS

1. Please notify the physician if your infant has had a reaction to any previous immunizations. Today your infant will receive:
 - a. Pediarix (Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio, Hepatitis B)
 - b. Prevnar (Pneumococcal conjugate)
 - c. HiB (Haemophilus influenza type b)
 - d. Rotateq (Rotavirus RV5)
2. Infant Acetaminophen in appropriate dosage for weight (6-11 lb, 1.25mL; 12-17 lb, 2.5mL) may be given as needed for fever or irritability. Prolonged or severe reactions should be reported to the office

NEXT OFFICE VISIT: At 6 months of age.

Parent/Guardian must accompany infant to all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com