
YOUR BABY AT 4 MONTHS

I. FEEDING

Solid foods are usually begun around 5 months but may be started earlier after discussion with the doctor or nurse-practitioner.

- A. Start with rice or barley cereal mixed with formula, water or breast milk. Since cereal is a breakfast food, begin feeding cereals in the morning. Solid foods should always be fed with a spoon and never placed in a bottle. Solids should be the consistency of yogurt and offered before a breast or bottle feeding.
- B. At first your baby may not know how to handle solid foods so only make a limited amount (1-2 teaspoons) until he/she adapts to the change. Once taking solid foods well, offer as much as he/she wants prior to the bottle or breast.
- C. During the first month of introducing solids, wait 2-3 days between each new food. If your child has sensitivity to the food being introduced, they may develop diarrhea or a rash.
- D. After trying other cereals, you can move to a second meal (either lunch or dinner). This meal should consist of vegetables (carrots, squash, green beans, peas) followed by fruits (bananas, applesauce, ripe pears, peaches).
- E. Do not give citrus juices (orange, lemon, and grapefruit), milk products (cheese, yogurt, ice cream, cow's milk) or eggs at this age. You'll have plenty of time to add these later!
- F. As your child takes more solids, the amount of formula or breast milk may decrease.
- G. If you are exclusively breast feeding, remember to continue the ADC drops for optimal bone health.

II. SLEEP

- A. There may be a fussy period at bedtime because the baby is more aware of separation. As you say "goodnight", try leaving a dim light on in the room. Feeding through the night should be discouraged, or utilized only if absolutely necessary. Your baby should sleep on their back until able to roll over both ways.
- B. Babies at this age are often able to sleep through the night (8 hours) but some might not do so until older. Your baby should be sleeping at least a 6 hour stretch at night (10-12 hours total). Make sure to put your child down when they are drowsy but not sound asleep. They need to learn how to fall asleep on their own, even if this means fussing for a while; doing so will decrease awakenings later in the night. If you are having any sleeping issues, please do not hesitate to discuss it with us today.

III. DEVELOPMENT

- A. Infants at this age are often able to hold their head steady and may enjoy being pulled to a standing position. Often they will watch their fingers and play with them and hold their own hands, as well as coo, gurgle and laugh out loud. Babies love to be played with and will fuss to let you know when they want to be picked up. They can tell the difference between family members and others, and may become anxious with strangers. Your baby will also recognize your voice and touch. You may also give your baby tummy time while awake and she will lift her chest when on her stomach.
- B. A 4-month old may be starting to teeth and, while some babies may be irritable, others may have no problem. In fact, each tooth can be different for each child. If he/she seems uncomfortable, products like Oragel or Tylenol may help.
- C. Stimulation: Talk to your baby and rub them with different textures. Play touching games like "this little piggy". Hold them up to mirror for them to see the reflection of their face.
- D. Toys for this age could include a cradle gym or colorful plastic keys on a ring.

IV. SAFETY

- A. Remember: Because of your baby's increased activity, never leave them unattended.
- B. The Poison Control Center # 1-800-222-1222 should now be added to your emergency phone # list.
- C. Begin to childproof your house! Your baby won't be still much longer!

V. WHAT HAPPENS AT THIS VISIT

- A. After an examination and developmental assessment, your child will receive the appropriate vaccines. Tylenol (Acetaminophen) is not routinely required after vaccinations; however, if needed your child's dose is _____ml of infant drops. A Tylenol/Motrin dosing sheet can be found on our website under the FAQ section on fever.
- B. We'll see you again in two months.