

4 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Breast-Formula: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Nutrition:

- It is usually preferable to start solid foods at 6 months of age; however you may start solid foods at 4 months, if you desire.
- If you decide to start solid foods, start with cereals, followed by vegetables and fruits.
- Only introduce one new solid food every 3 to 4 days so you will be able to determine if your baby develops a reaction to any food.
- Continue breast feeding or formula with iron; as your baby begins to eat more solids, you may notice that his/her fluid intake decreases.

Teething:

- Teething may begin at this age. Six months is the average age for the first tooth to erupt.
- Clean teeth as they erupt, use a soft cloth or soft toothbrush.

Accident Prevention:

- Accident prevention becomes more important as your baby develops increasing motor skills.
- Remember to keep small objects out of your baby's reach to prevent choking.
- Playpens are convenient and usually well accepted.
- Now is a good time to begin poison-proofing your home.

Sleep:

- Most babies have a more regular, predictable sleep schedule.
- If possible, your baby should sleep in his/her own crib and room.

Development-Most babies at this age:

- Have good head control when upright.
- Roll over.
- Grasp at objects near their head.
- Put objects into their mouth.
- Squeal and laugh.
- Make non-crying sounds.
- Toys: Rattles, spoons, cups, plastic containers with lids and balls are good toys for this age. Make sure that toys are too large to fit into your baby's mouth.
- Stranger awareness: Babies this age may become aware of strangers and be able to distinguish parents from other people.
- Babysitters: It is important for parents to find a competent baby sitter so that they may have some time away from their baby. Being a parent is stressful-everyone needs a break now and then.

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