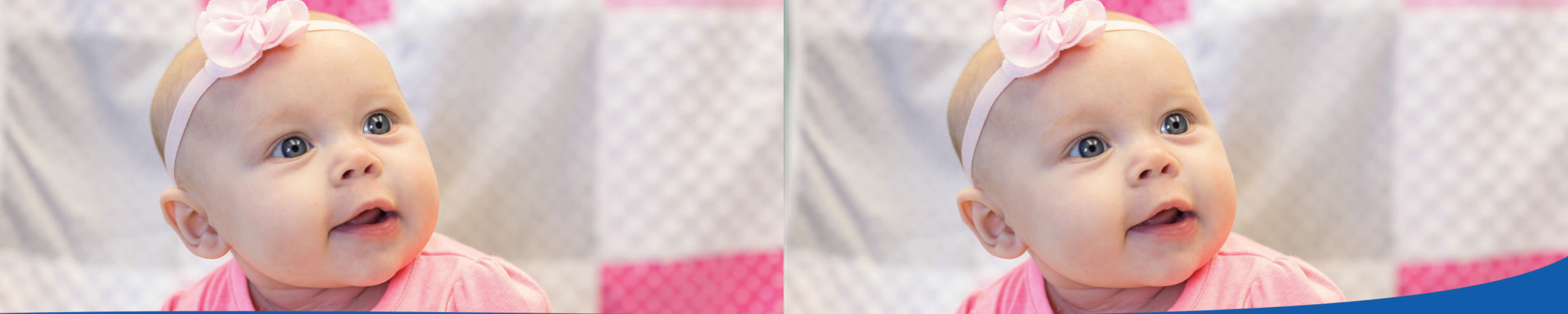




4 MONTH CHECKUP

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen

Weight	Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
6-11 lbs.	1.25 mL	—	—	—
12-17 lbs.	2.5 mL	—	—	—
18-23 lbs.	3.75 mL	—	—	—
24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2 1/2 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets

Date: _____
Weight: _____
Length: _____
Head Circumference: _____
Next Visit: **6 Months of Age**

Teething

- All 4-month-olds put their hands in their mouth and drool.
- It is unusual for teeth to appear before 6 months of age.
- Pacifiers and thumb sucking are very common at this age and should not be discouraged.

Nutrition

- Breast milk or formula is still the best source of nutrition for your baby. They typically consume 28-32 ounces (or 6 to 8 breastfeeds) in 24 hours.
- Early introduction of solids, between 4 and 7 months, may be right for some.
- If your child is showing signs of readiness (good neck control and reaching for food with mouth or hands), you can begin introducing 1-3 small “bites” of food at family mealtimes. Bites can look like applying a small amount of pureed food to baby’s lips or gums or mixing thicker food (like peanut

4 MONTH CHECKUP

butter) with a small amount of breastmilk or formula and giving with a spoon.

- The only food that infants should NOT be exposed to at this age is honey as it can lead to a dangerous infection in babies.
- If you are concerned about your infant’s risk of food allergies, ask your pediatrician if early allergen introduction is right for you.

Sleep

- Continue putting your baby to bed sleepy, but still awake. This can help prevent the development of sleep associations.
- If your child begins to awaken more frequently at night, this is likely due to associating sleep with being held or feeding. Try to soothe them back to sleep without picking them up or feeding more frequently.

Development

- 4-month-olds are happy most of the time. He/she will smile and laugh.
- Your baby will begin to roll from front to back, and scoot around some.
- Instead of holding the hands in a fist, he/she will open them more often.

- Your baby will begin to hold his/her head up better, and will hold the upper body up when on his/her stomach.
- Your baby will begin to reach for objects.

Safety

- Watch carefully to avoid falls.
- Toys and rattles should not have small parts, because everything goes to the mouth.
- Continue to use a rear-facing car seat in the back seat of the vehicle at all times.
- Remember not to smoke in the house or around your baby.
- Remove guns from the home or keep them unloaded and locked up.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, fussiness, swelling, or redness at the site of the injection.
- You can give Tylenol (see dosing chart) every 4 hours, and use a cool compress, if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit, or a limp spell) call your pediatrician.

BRUSH UP ON HEALTHY TEETH

Your child’s teeth will begin coming in between 6 and 12 months of age. The two bottom front teeth will be the first to come in followed by the four upper teeth. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Once your child has teeth, you can begin cleaning them by wiping them with a moist cloth. As more teeth erupt you can begin using a soft toothbrush.

Fluoride

Fluoride is VERY important for healthy teeth. Initially, most children get the fluoride they need from the water they drink (city water or nursery water). Only a small amount of fluoride toothpaste is needed at this time - usually a “smear” once a day is enough. At the age of 2, all children should be using fluoride toothpaste - about a pea-sized amount twice a day. It is okay if your child swallows a small amount of fluoride toothpaste.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children’s Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

Healthy Eating for 4 Month Olds

The Addition of Cereal

- Kids can be offered a variety of foods when they are developmentally ready to take for from a spoon, usually between 4-6 months of age.
- Food should be offered only with a spoon, not in a bottle.
- Ask your doctor if early introduction of food allergens is right for your baby.

Excessive Juice is a Risk for Obesity

- Introduction of 100% juice should be delayed until at least 1 year of age unless recommended by your pediatrician.

Feeding the Baby

- Infants innately prefer sweet and salty foods.
- Infants may reject foods that are bitter and sour.
- Infants tend to resist new foods.

Implications

- More than 10 exposures may be needed to establish a new food.
- Children like and eat what is familiar.
- Parental eating habits influence the baby’s choices at this age.

Physical Activities

- Non-restrictive play
- Belly play time
- Sits with support
- Reaches for and holds objects
- Play gyms
- No TV

ACTIVITIES 4 MONTHS OLD

- Put a windup toy beside or behind your baby. Watch to see if your baby searches for the sound.

- Give your baby a spoon to grasp and chew on. It’s easy to hold and feels good in the mouth. It’s also great for banging, swiping, and dropping.

- While sitting on the floor, place your baby in a sitting position inside your legs. Use your legs and chest to provide only as much support as your baby needs. This allows you to play with your baby while encouraging independent sitting.

- Gently rub your baby with a soft cloth, a paper towel, or nylon. Talk about how things feel (soft, rough, slippery). Lotion feels good, too.

- Let your baby see himself/herself in a mirror. Place an unbreakable mirror on the side of your baby’s crib or changing table so that he/she can watch. Look in the mirror with your baby. Smile and wave at your baby.

- Common household items, such as measuring spoons and measuring cups, make toys with interesting sounds and shapes. Gently dangle and shake a set of measuring spoons or measuring cups where your baby can reach or kick at them. Let your baby hold them to explore and shake.

- Play voice games. Talk with a high or low voice. Click your tongue. Whisper. Take turns with your baby. Repeat any sounds made by him/her. Place your

baby so that you are face to face—your baby will watch as you make sounds.

- Fill a small plastic bottle (empty medicine bottle with child-proof cap) with beans or rice. Let your baby shake it to make noise.

- Make another shaker using bells. Encourage your baby to hold one in each hand and shake them both. Watch to see if your baby likes one sound better than another.

- Place your baby on his/her tummy with his/her favorite toys or objects around but just slightly out of reach. Encourage him/her to reach out for toys and move toward them.

- Fill an empty tissue box with strips of paper. Your baby will love pulling them out. (Do not use colored newsprint or magazines; they are toxic. Never use plastic bags or wrap).

- Safely attach a favorite toy to the side of your baby’s crib, swing, or cradle chair for him/her to reach and grasp. Change toys frequently to give him/her new things to see and do.

- Place your baby in a chair or car seat, or prop him/her up with pillows. Bounce and play with a flowing scarf or a large bouncing ball. Move it slowly up, then down or to the side, so that your baby can follow movement with his/her eyes.

- With your baby lying on his/her back, place a toy within sight but out of reach, or move a toy

across your baby’s visual range. Encourage him/her to roll to get the toy.

- Play Peek-a-Boo with hands, cloth, or a diaper. Put the cloth over your face first. Then let your baby hide. Pull the cloth off if your baby can’t. Encourage him/her to play. Take turns.

- Place your baby in a chair or car seat to watch everyday activities. Tell your baby what you are doing. Let your baby see, hear, and touch common objects. You can give your baby attention while getting things done.

- Place your baby on your knee facing you. Bounce him/her to the rhythm of a nursery rhyme. Sing and rock with the rhythm. Help your baby bring his/her hands together to clap to the rhythm.

- Your baby will like to throw toys to the floor. Take a little time to play this “go and fetch” game. It helps your baby to learn to release objects. Give baby a box or pan to practice dropping toys into.

- Once your baby starts rolling or crawling on his/her tummy, play “come and get me.” Let your baby move then chase after him/her and hug him/her when you catch him/her.

- Place your baby facing you. Your baby can watch you change facial expressions (big smile, poking out tongue, widening eyes, raising eyebrows, puffing, or blowing). Give your baby a turn. Do what your baby does.