

Age: 4 months old

FEEDING

Your infant should still be taking breast milk or infant formula with iron. Most infants drink 6-8 ounces every 4-5 hours. Supplemental bottles of water and/or juice are fine to give, in moderation. Your child is ready for cereal when he/she can take it off of a spoon while sitting upright. When this is established, your child can also begin baby foods including vegetables and fruits. Watch for any food allergies when new foods are introduced (no more than one new item every three days).

DEVELOPMENT

Infants at this age are starting to roll over. They may squeal when they are happy and cry when they want food or to be held. They enjoy toys that make noise when shaken. Infants also like faces and bright colors. They will begin reaching for objects that are in front of them.

SLEEP

Every baby is different in regards to their sleeping patterns. Most, however, will sleep through the night by 4 months of age. They also require naps during the day. Infants should sleep on their back or side to help prevent SIDS. Try to stimulate your baby during daytime hours by talking, singing, reading, and playing music.

TEETHING

Your baby may begin teething at this age. You will notice lots of drooling and chewing if teeth are breaking through. Teething rings are helpful if needed. You may also give baby oragel, Tylenol or teething tablets (found at Jack's Natural Food Stores).

SAFETY

Accidents are the number one cause of death in the first year of life. To promote safety for your baby:

1. Always use an approved rear facing car seat in the back seat.
2. Don't smoke around the children.
3. Never leave your baby unattended in the bathtub or around standing water of any kind.
4. Never tie a pacifier on a string around your baby's neck. Instead pin it to the shirt.
5. Infants can roll so never leave your baby alone on a changing table, bed or sofa.
6. Keep plastic bags, safety pins and buttons out of the crib and out of reach of the baby.
7. Always make sure the sides of the crib are up completely, and crib slats are no more than 2 and 3/8 inches apart. If a can of coke will fit between the slats, the crib is not safe for your baby.
8. Do not use a baby walker.
9. Remove hanging mobiles or toys before the baby can reach them.
10. Use only unbreakable toys without sharp edges or small parts that can come loose.

IMMUNIZATIONS

Your baby will receive another round of immunizations today. They may include: DTaP (diphtheria, tetanus, and pertussis), Hib (Haemophilus influenza, type B), Polio, Hepatitis B, PCV7(pneumococcal vaccine) and Rotateq (rotavirus vaccine). Some of these immunizations are

mixed together in the same shot so that your baby will not require 5 separate injections. Rotateq is a vaccine taken by mouth.

TYLENOL (acetaminophen) DOSING

If your child seems to be in pain or has a fever, you may give Tylenol. The dosing is as follows:

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
10-11 pounds	infant drops	½ dropper (0.4ml)	4-6 hours
12-17 pounds	infant drops	1 dropper (0.8ml)	4-6 hours
	children's liquid	½ tsp. (2.5ml)	4-6 hours
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours

Do NOT give Motrin or Advil (ibuprofen) to your baby before 6 months of age.

WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 6 months of age. Please bring your shot record with you to each well child visit.

Premier Pediatrics • 705 East Marshall Avenue, Suite 1002 • Longview, Texas 75601
(903) 247-7700 • Fax: (903) 238-9185