

Health and Wellness: 4 Months

Development

At this age, your baby may:

- raise his or her head high when lying on his or her stomach
- raise his or her body on the hands when lying on his or her stomach
- roll from his or her stomach to his or her back
- play with his or her hands and hold a rattle
- look at a mobile and move his or her hands
- start social contact by smiling, cooing, laughing and squealing
- cry when a parent moves out of sight
- recognize when a bottle is being prepared and be able to wait for it for a short time.

Feeding Tips

- Solid foods should start when your baby is 6 months old. If your baby doesn't seem satisfied with breast milk or formula, you may give him or her rice cereal. Feeding your baby rice cereal will not likely affect sleeping patterns.
- Never prop up a bottle to feed your baby.
- Do not give your baby fruit juice on a regular basis. You may give your baby diluted prune juice for constipation.

Stools

- If you give your baby rice cereal, his or her stools may be less firm, occur less often, have a strong odor or become a different color.

Sleep

- About 80 percent of 4-month-old babies sleep at least five to six hours in a row at night. If your baby doesn't, put him or her to bed while awake. Give your baby the same safe toy or blanket. This is called a "transition object." Do not play with or have a lot of contact with your baby at nighttime.
- Your baby may not need to be fed if he or she wakes up during the night.

Your baby's growth:

Weight:

_____ lbs. _____ oz. (_____ percent)

Length:

_____ in. (_____ percent)

Head circumference:

_____ cm / in.

Safety

- Make sure your baby always rides in a car seat that is secured in the back seat, facing the rear window.
- Do not let anyone smoke in your house or car at any time.
- Never leave your baby alone, even for a few seconds. Your baby may be able to roll over. Take any safety precautions.
- Keep baby powders, cleaners and small objects out of the baby's reach at all times.
- Do not use infant walkers. They can cause serious accidents and serve no useful purpose. A better choice is an exersaucer.

What Your Baby Needs

- Give your baby toys he or she can shake or bang. A toy that makes noise as it's moved increases your baby's awareness. He or she will repeat that activity.
- Sing rhythmic songs or nursery rhymes.
- Your baby may drool a lot or put objects into his or her mouth. Make sure your baby is safe from small or sharp objects.
- Read to your baby every night.



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Dental Care

Make regular dental appointments for cleanings and checkups starting when your child's first tooth appears. (Your child may need fluoride tablets if you have well water.)

Immunizations (Shots) Today*

Your child may receive these shots at this time:

- DTaP, HepB, IPV (diphtheria, tetanus and acellular pertussis + hepatitis B + inactivated poliovirus vaccine) *Note: The first three shots may be given as one shot (Pediarix™).
- PCV13: pneumococcal 13-valent conjugate vaccine
- Hib (haemophilus influenzae type b conjugate vaccine)
- RV1 (rotavirus vaccine, oral)

Talk with your health care provider for information on giving acetaminophen (Tylenol®) after your child's immunizations.

Your Baby's Next Well Checkup

Your child's next well checkup will be at 6 months.

Your child may need shots for:

- DTaP, HepB, IPV (diphtheria, tetanus and acellular pertussis + hepatitis B + inactivated poliovirus vaccine) *Note: The first three shots may be given as one shot (Pediarix™).
- PCV13: pneumococcal 13-valent conjugate vaccine
- Hib (haemophilus influenzae type b conjugate vaccine)
- influenza.

Talk with your health care provider for information on giving acetaminophen (Tylenol®) before your child's next immunizations.