



Date: _____ Height: _____ Weight: _____ OFC: _____

The 4-month-old infant is beginning to settle in by establishing regular sleeping and feeding cycles. He or she is also showing endless interest in his or her environment. The following comments are designed to help you and your partner enjoy your 4-month-old while continuing to gain confidence in yourselves as parents. Never hesitate to ask for guidance concerning specific problems. This is the reason for regular well-baby checkups.

PARENTING AND BEHAVIORAL

- This is an enjoyable time for you and your baby. He is more fun and less work. He is exploring more and trying to make contact with his surroundings.
- Continue to hold, cuddle, talk to, sing to, and rock your baby as much as you can. Every interaction stimulates brain development. He/she needs an interested audience and a chance to use his/her laughing skills.
- Now is the time to think about getting your baby a playpen and some suitable toys to keep him/her entertained.
- Read brightly colored books to your baby. Reading is important to succeed as an adult and you cannot start too early.
- Since the 4-month-old infant is more active, spitting up is common at this age, so have a good supply of absorbent bibs to protect your baby's skin and clothing from being constantly wet.
- It is important for parents to keep in contact with friends and family to avoid social isolation.
- Start looking for a good baby-sitter, if you haven't already.

DEVELOPMENT

- A baby's development proceeds in a head to foot direction. At this age, the typical child can hold his/her head high and raise the body on his or her hands while lying on his/her stomach.
- The 4-month-old baby keeps his/her hands open while at rest. He/she will play with his/her hands, bat at mobiles, and reach for rattles. Any object he/she holds goes directly into his/her mouth.
- Most babies this age will show a clear preference for parents and other caregivers. They will turn toward a sound and recognize their parents' voices. Four-month-old infants smile, laugh and squeal.
- The 4-month-old baby also begins to learn cause and effect. He/she shakes a rattle and it makes noise, you wind the mobile and it begins to move, etc.

FEEDING

- Feeding times may become interesting! Your baby will begin responding to all the sights and sounds of his/her environment. Frequently, the baby may become so interested in his/her world that he/she may refuse to settle down to eat. He/she will take a few swallows of formula or breast milk and then stop to see what is going on in the room.
- Nutritionally, the only thing your baby needs until 6 months of age is breast milk or formula. Addition of other foods should be discussed with the doctor.

- Breast-fed babies should continue the Tri-Vi-Sol or D-Vi-Sol vitamins until either taking 17oz. of supplemental formula per day or switching to whole milk (not before 1 year of age)
- Drooling is very common and does not necessarily indicate early teething. It is due to increased saliva production that the baby has not yet learned to manage with more frequent swallowing.

SLEEP

- Always put your baby to sleep on his/her back. Alternate the end of the crib where you place his/her head so your baby does not always sleep with his/her head on one side. If you wake up and find your baby has rolled over onto his/her stomach, don't panic. If the child can roll over, he/she is at a reduced risk for SIDS (Sudden Infant Death Syndrome).
- Encourage your baby to console himself/herself by putting him/her to bed awake. Teach your 4-month-old self-soothing techniques by providing him/her with a transition object, such as a stuffed animal, light blanket, or favorite toy.
- Keep an established bedtime routine to discourage night awakening.

IMMUNIZATIONS

Household contacts should receive the flu vaccine during flu season.

Since immunization schedules vary from doctor to doctor, and new vaccines may have been introduced, it is always best to seek the advice of your child's health care provider concerning your child's vaccine schedule.

SAFETY

- Now that your baby is more active, parents need to be more careful than ever not to leave the child anyplace from which he/she can fall. Always keep one hand on the baby and never turn your back, for even a second, when you put your infant on a sofa, bed, changing table, or any other high place. Your baby demands your full attention.
- Continue to use an infant car seat that is rear facing and properly secured at all times.
- Continue to keep the baby's environment free of tobacco smoke. Keep the home and car nonsmoking zones.
- Do not drink hot liquids or smoke while holding the baby.
- Remember, everything a 4-month-old holds goes in his mouth, so keep toys with small parts out of reach. Warn siblings to keep these objects away from their baby brother or sister too.
- Do not use an infant walker at any age. Walkers are dangerous and have been shown in studies to actually slow down the process of learning to walk.

WHEN TO CALL THE DOCTOR

- Not gaining weight.
 - Your baby seems stiff or floppy.
 - Becomes totally uninterested in eating.
 - Your baby cannot hold a rattle or doesn't vocalize.
- Eyes are crossed most of the time.
 - You have not seen any developmental progress since the last checkup.

AFTER HOURS

Emergencies after 5:00 p.m. should be directed to our answering service by dialing 859-276-2594. A highly trained nurse will return your call and address your problems or concerns. If the situation is warranted, the physician on call will be contacted. Non-emergency questions should wait until the following morning. Please check our website FAQs for answers before calling after-hours: www.paalex.com.

RESOURCES

- Poison Control 1-800-222-1222
- American Academy of Pediatrics: www.aap.org
- www.kidsgrowth.com
- www.paalex.com

This information is for educational purposes only and it should be used only as a guide.

