

Palisades Pediatrics, LLP
236 North Main Street
New City, NY 10956
(845)708-0400

Four (4) Months Old

Feedings:

- 1) Breast milk
- 2) Formula – Similac, Enfamil, Good Start
- 3) Start solids if appropriate
- 4) **DO NOT** add cereal to bottles

Medications:

No medications should be given without talking to your Health Care Provider. Continue Vitamin D 400 IU once a day for breastfeeding infants.

Your Growing Baby:

- 1) May sleep through the night.
- 2) Smiles, coos, laughs, squeals, giggles, makes eye contact.
- 3) May cry when parent moves away or leaves the room
- 4) Plays with hands
- 5) Holds his/her head high and raises his/her body on his/her hands when lying on his/her stomach and can hold head up well when held in the sitting position.
- 6) Rolls over from stomach to back.
- 7) Enjoys bouncy chair, walkers are **NOT** recommended.
- 8) Over the next few weeks, your infant will:
 - Be able to sit with minimal support;
 - Put weight on his/her feet and straighten the legs;
 - Reach out and grasp objects;
 - Bring hand and objects to mouth at will.
- 9) Teething- may start drooling, fussing and biting on hands and fingers

Parent Tips:

- 1) Play with your infant while he/she is in the playpen.
- 2) Do not sleep with your infant in your bed (co-sleeping)
- 3) Tummy time when your infant is awake
- 4) Talk to your infant and respond to his/her vocalizations;
- 5) Read books and magazines to your infant and show him/her pictures;
- 6) Lifting or swinging your child's arms can dislocate the elbows;
- 7) Thumb sucking is normal and will not deform the baby's teeth.
- 8) Do not use powder on your infant, use hydrating lotions.

Accident Prevention:

- 1) **ALWAYS USE A CAR SEAT AND MAKE SURE IT IS INSTALLED CORRECTLY, it is required by law! DO NOT** put an infant seat on anything but the floor when the baby is in the seat outside of the car. For more information on car seats call : **AUTO SAFETY HOTLINE at 1-800-424-9393**
- 2) **DO NOT** leave your baby unattended on a bed, table, chair, in a crib with side rails down or around water. Make sure hot water heater is set at 120°F or less.
- 3) Keep small objects such as safety pins/ small toys out of your baby's reach at all times.

- 4) Always check your baby for ticks when bathing them.
- 5) **DO NOT** hold your baby or leave him/her nearby when handling hot liquids. He/She will get burned.
- 6) Check toys for breakage and the presence of buttons that can be pulled off.
- 7) Check consumer safety websites for recalls on infant products and toys
- 8) Keep the crib away from windows or curtain cords.
- 9) Use smoke detectors, carbon monoxide detectors, and have working fire extinguishers. No one should smoke around your baby. Change batteries in the smoke and carbon monoxide detectors every six months.
- 10) Keep fingernails short by gently filing them.
- 11) Always protect your infant's skin and eyes from harmful sunrays by avoiding prolonged sun exposure and wearing a bonnet and light-weight clothing in the summer and brimmed cap in the winter. Do not use sunscreen
- 12) Make sure you have emergency phone numbers for Police, Fire Department, Ambulance, Hospital, Pediatrician, and Poison Control Center readily available.

Immunizations:

- 1) Your baby will receive these immunizations: Pentacel #2 (Diphtheria, Tetanus, acellular Pertussis, Haemophilus Influenza Vaccine, Inactivated Polio Vaccine) Prevnar 13 #2 (Pneumococcal Conjugate Vaccine) and Rotavirus #2
- 2) He/She may:
 - Be irritable and fussy for the next day or two;
 - Develop redness, swelling, or tenderness over the injection site;
 - Develop a low-grade fever.
- 3) Call your Health Care Provider if:
 - Temperature is greater than 101°F;
 - Screaming episodes greater than four (4) hours;
 - Excess irritability or lethargy;
 - Not awakening for regular feedings.
- 3) Use cold compresses if injection site is red, swollen, or tender.
- 4) Give Infant Tylenol for fever or fussiness. Give the dose based on their weight as advised by the Health Care Provider.

Special Instructions:

Next Visit:

At six months of age for well child check and immunizations.