

# Great Destinations Pediatrics



## AGE: 4 MONTHS

### GROWTH

Weight:	lbs	oz	(	%)
Height:	inches		(	%)
Head Circumference:	inches		(	%)

### IMMUNIZATIONS

DTaP	Diphtheria, Tetanus, Acellular Pertussis
Hib	Haemophilus B
IPV	Injectable Polio (Inactive)
PCV13	Pneumococcal
RV	Rotavirus

Please review the CDC (Center for Disease Control and Prevention) handouts that our staff has provided. These immunizations may cause pain and redness at the injection site, fussiness, and fever. These are normal reactions to the vaccines.

### FEEDINGS

Our practice recommends that parents wait to start solid foods until baby is able to sit in a highchair and is around 5 ½ to 6 months old. Continue to solely breast or formula feed your baby until 5 ½ to 6 months and then start the “Baby-Led Weaning” if your baby is able to sit in a high chair. Please read the handout provided today. Research has shown that by avoiding purees, baby foods, and spoon feeding your baby they will learn at 6 months old to eat only when they are hungry and will develop an appetite for healthy, fresh foods such as steamed vegetables, soft fruits, fish, and beans.

### TEETHING

Teething usually begins between 4 and 6 months of age. Some infants cut a tooth and have no difficulty, while others may get fussy, drool, and have loose stools. Teething does not cause a fever or runny nose. Do not use any teething medicines (Anbesol, Oragel, Humphrey’s), as these can be harmful to your baby. Tylenol can be used for more significant teething discomfort.

### DEVELOPMENT

Your baby is probably laughing, cooing, babbling and smiling. Most babies at this age can hold their head and shoulders up when placed on their tummies (like a “push-up”). Most babies can now roll front to back, back to front, or both. Your baby can also probably hold a rattle and transfer it to the other hand. All babies develop at their own pace and these are simply rough guidelines of what they may be doing.

Children under 2 years old should have **NO** TV, phones, tablets, computers, or electronic time. Babies under 2 years old exposed to video, TV, phones, and other forms of media have a higher chance of suffering from language, developmental and social delays.

## **SAFETY**

1. Walkers- Do not use walkers. Every year thousands of babies in the U.S. are injured due to the use of walkers. Injuries include skull fractures, head bleeds, burns and drowning. Walkers do not improve your baby's development.
2. Car Seat- Continue using your infant car seat in the back seat, facing the rear of the car.
3. Object/Toys- Kids will eat anything. At this age babies will put everything in their mouths. Make sure small objects, toys, plants, and anything else you don't want your baby to eat is out of reach.
4. Crawling- Your baby will be rolling, scooting, and crawling soon so make sure stairways are blocked off (top and bottom), breakables are put away, and cords are out of reach.
5. Cords- Shorten venetian blind cords or tie them out of reach. Make sure electrical cords are also out of reach.
6. Electrical Outlets- Place safety covers over all electrical outlets.
7. Swimming Pool- PLEASE have a pool fence completely surrounding the pool. Keep it locked and make sure chairs are not next to the fence. If a pool fence is not an option, another option is a Katchakid Net. In addition to a pool net or fence around your pool, please have child safety locks on all doors leading to the backyard. Before you know it, your baby will be moving, walking, and climbing so it is best to prepare now.
8. Pets- Never leave your baby alone with your pets.

## **WHAT'S NEXT?**

Your baby's next appointment is at 6 months of age for a well check-up and immunizations.