



pediatrics

FOR YOUR 4 MONTH OLD

feeding

Breastfeed your baby 5-8 times per day until your baby seems content. Continue prenatal vitamins while breast-feeding.

If you do not breastfeed, use an iron-fortified infant formula. Feed your baby 4-6 ounces at each feeding for a total of 26-32 ounces per day. By 6 months, many babies drink up to 36 ounces per day. Do not heat formula in the microwave.

Most babies do not need supplemental water. If you breast-feed exclusively, they need a vitamin supplement like Tri-Vi-Sol available at drugstores or over the counter. The dose is 1 ml/day.

Do not give honey or corn syrup in the first year of life.

Cereal or other solids should be started between 4 and 6 months of age. See the table for guidelines.

development (4-6 months)

Bears weight on legs, holds head and body up, rolls over, may sit alone.

Smiles, babbles, laughs, blows bubbles, makes "raspberries".

Visually follows an object, distance vision improving, and responds to name.

Grabs, shakes a rattle, puts hands together, may transfer object from hand to hand, and puts everything in mouth.

general principles for introducing solids

Be alert to your baby's cues; do not force your baby to take solids if he isn't ready.

Use a small plastic coated spoon to feed, do not put cereal in the bottle.

Infant rice cereal is the most appropriate first food-mix with lukewarm formula or breast milk to a semi-liquid consistency.

Introduce new foods one at a time, and give the same food for 3-5 days in a row. Watch for allergic reaction (rash, vomiting or diarrhea).

Provide a variety of foods- iron-fortified cereals, pureed fruits and vegetables.

Form and consistency of food should match your baby's skills; choking is a hazard at this stage.

Most babies eat one meal at 4-6 months, 2 meals at 5-7 months and 3 meals at 6-8 months. Adjust these guidelines if your child is not satisfied.

sleep

Always place your baby on his back to sleep on a firm, flat mattress.

The average baby sleeps 15 hours per day at this age. It is normal for your baby to sleep more on some days and less on other days.

Usually by 4 months of age, babies can sleep through the night without needing to be fed.

Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! He needs to learn to put himself to sleep without your help.

Do not encourage your baby to wake for middle of the night feedings by playing and talking to him – make the nighttime boring.

elimination

Once your baby begins to eat solids, there will be changes in the stools (frequency, color, and consistency). This is normal and they may wake at night.

If you think your baby is constipated, call our office for some helpful hints.



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safety

Always use a car seat made for an infant and place it rear-facing in the back seat.

Always make sure your baby is sleeping in a safe place. The crib slats should be less than 2-3/8 inches apart.

Take an infant CPR/first aid class.

Set your hot water heater to 120°F to prevent burns and never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.

Do not use a walker!

Inspect toys carefully for safety.

infant tylenol dosage (every 4 hours)

6-11 lbs. = 1/2 dropper (0.4 mL)

12-17 lbs. = 1 dropper (0.8mL)

18-23 lbs. = 1 1/2 dropper (0.8mL+0.4mL)

No Motrin should be given until 6 months.

tests/immunizations for today

Vaccines will be given. Please review our information sheets.

other things to keep in mind

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to determine if an appointment is necessary.

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Sunscreen (SPF 15 or higher) may be used, but preferably not on the face or hands.

Shaking or spanking your baby may cause serious injury or death.

Do not smoke around your baby- it may lead to respiratory problems and allergies and can increase his risk for sudden infant death syndrome (SIDS).

Hold, talk, and sing to your baby.

suggested reading

“The Nursing Mother’s Companion”

“What to Expect the First Year”

“The Secrets of the Baby Whisperer”

“Solve Your Child’s Sleep Problems”