

## FOUR MONTHS

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### At four months, your baby may:

- Lift their head and chest.
- Roll over one way.
- Hold head steady while sitting.
- Laugh and squeal with delight.
- Hold hands open.
- Bring hands together and hands to mouth.
- Drool.
- Reach for a toy.

### Things to do together:

- Hold their favorite toy close in front of them. Let them practice reaching.
- Help your baby get used to other adults, like a baby sitter, friends, and family. Let others hold and talk to them.
- Read nursery rhymes and sing songs.
- Ask your baby questions, such as “Would you like to go for a walk?”

### What you can do:

- Check smoke detectors.
- Listen to your baby and copy their sounds.
- Talk to your baby during feeding and dressing.
- Keep your baby’s clothes and blankets loose enough for moving in new ways.
- Try to take a break each day and do something for yourself.

### Anticipatory Guidance (Do’s and Don’ts):

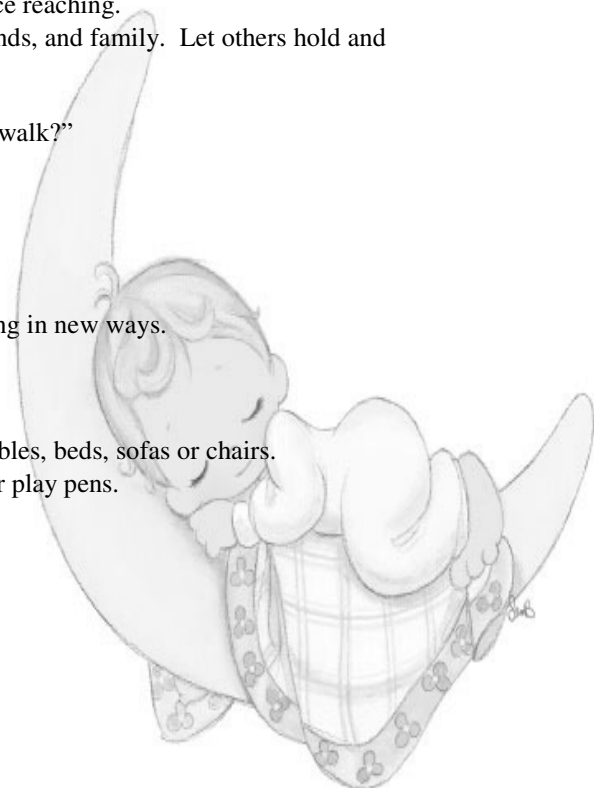
- Do prevent falls. Do not leave your baby alone on changing tables, beds, sofas or chairs.
- Do place baby in crib with sides up, infant seats on the floor or play pens.
- Do lower hot water heater to 120° to prevent burns.
- Do use a car seat for your baby, facing rear.
- Do use protective clothing and sunscreen when going outside.
- Don’t expose your baby to tobacco smoke.
- Don’t ever hit or shake your bay.
- Don’t carry a baby while holding hot liquids.

### Feeding:

- Avoid Honey until 1 year of age.
- ***Breast Milk:*** Frequent feedings (4-6).
- ***Iron Fortified Formula:*** 24-40 oz divided into 4-6 feedings
- ***Cereals/Breads:*** Infant cereal, 2-3 teaspoons mixed with breastmilk, formula, or water.
- ***Fruit:*** none
- ***Vegetable:*** none
- ***Protein Foods:*** none
- ***Fruit Juice:*** Infant Juice, Vitamin-C fortified adult apple juice (avoid orange and tomato juice). 2-4 oz per day.

### Common Concerns: *Baby Walkers*

Baby walkers can be dangerous. More babies get hurt in baby walkers than any other baby product. Many injuries are caused by babies falling down the stairs, or tipping over. Think about using a newer activity center that looks like a walker but has no wheels. Your baby can stand, bounce, look around, and stay safe.



**Call your doctor if your baby:**

- Is not feeding well.
- Not wetting as many diapers as usual.
- Seems lethargic
- Has a reaction to immunizations (fever, rash, swelling/redness at injection site, or any other concerning symptoms).

**At this visit, your baby received the following vaccines:**

- 1) Pentacel: immunizes against Diphtheria, Tetanus, Pertussis, Polio, and Haemophilus Influenza Type B. This is the second of 3 doses.
- 2) Prevnar: immunizes against Pneumococcal infections. This is the second of 4 doses.

The shots may cause some fever or fussiness for one or two days. If it does, use **TYLENOL DROPS** every four to six hours. Cool compress may be used if injection site is swollen or tender. A lump may occur at the injection site that will eventually go away.

Dose for Tylenol Infant Drops: \_\_\_\_\_ml or \_\_\_\_\_dropperfuls every four to six hours.

**At the next visit**, your bay should receive their third dose of Pentacel, Prevnar, and Hepatitis B.

**Next Visit:** in 2 months (age 6 months)

