

4 Month Well Visit

What your baby may be doing now:

- Hold up head and chest while supported on elbows
- Rock on belly and appear to “swim”
- Keep head upright in a seated position
- Roll from front to back and back to front
- Laugh, smile, squeal, and babble
- Bring objects to his mouth
- May start drooling more and putting things in her mouth. Your baby may also start teething- once she has teeth, clean them with a soft washcloth daily.

Feeding:

- Breastfeeding and formula feeding should total 5-6 times daily
- Start introducing solid foods at 4-6 months of age. Start with cereal on a spoon, and slowly move on to fruits and vegetables. Keep solid feeds to once daily
- Formula or breast milk intake will probably stay about the same even after you add solids to the diet.
- Do not give baby honey in the first year of life

Sleep

- Place baby to sleep on his back (not on side or stomach), on a firm sleep surface.
- Some babies may begin to sleep on their belly if they can roll, but should still be put to sleep on their backs.
- Most babies should require only one or no overnight feeds
- Napping will be at least twice daily
- Try to put your baby down to sleep while she is drowsy, but still awake. Some babies cry before falling asleep, and 15-20 minutes of fussing is okay.

- Try to make nighttime feedings brief and boring- lights off, no playtime!
- Do not wake your baby to feed at night unless directed by your pediatrician.
- Give him lots of “tummy time” while awake- this helps strengthen his neck and arms.

Safety

- Use a rear-facing car seat for every ride
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Prevent falls- do not leave baby unattended on a bed, sofa or changing table
- Do not use a walker- they can tip over and cause injury
- Stationary jumping toys are acceptable
- Protect baby from direct sun exposure
- Prevent choking- keep small objects, pieces of food, and toys out of baby’s reach.

When to call the office:

- If your baby is vomiting, feeding poorly, has trouble breathing, has a rectal temperature over 101°F for longer than a day, or if you have other concerns.
- For routine questions, call us, or check out the Pediatric Advisor section on our website

Vaccines at this visit:

- [DTaP](#)
- [Polio](#)
- [Hib](#)
- [Prevnar](#)
- [Rotavirus](#)

- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days.

Web Resources

- www.aap.org
- [Breastfeeding Support](#)
- [Teething facts](#)
- www.preventiveoz.org
- [Children's Hospital of Philadelphia Vaccine Website](#)