



## Information for 4 Month Well Visit

Vaccine Needed	Vaccine given at 4 month well visit	Vaccine to be given at 6 month well visit
Rotavirus	2nd of 3 Rotavirus vaccines	3rd of 3 Rotavirus vaccines
Dtap	2nd of 5 Dtap vaccines	3rd of 5 Dtap vaccines
IPV (polio)	2nd of 4 IPV vaccines	
Hib	2nd of 4 Hib Vaccines	3rd of 4 Hib Vaccines
Prevnar	2nd of 4 Prevnar Vaccines	3rd of 4 Prevnar Vaccines
Influenza		1st of two Influenza Vaccines in the first season of vaccination

Category of Milestones	Expected Milestones at the age of 4 months	Future skills expected at the age of 6 months
Social-Emotional	<ul style="list-style-type: none"> <li>- Smiles on his own to get your attention</li> <li>- Chuckles (not yet a full laugh) when you try to make him laugh</li> <li>- Looks at you, moves, or makes sounds to get or keep your attention</li> </ul>	<ul style="list-style-type: none"> <li>- Knows familiar people</li> <li>- Laughs</li> <li>- Likes to look at himself in the mirror</li> </ul>
Language/Communication	<ul style="list-style-type: none"> <li>- Makes sounds like “oooo” and “aahh” (cooing)</li> <li>- Makes sounds back when you talk to him</li> <li>- Turns head toward the sound of your voice</li> </ul>	<ul style="list-style-type: none"> <li>- Takes turns making sounds with you</li> <li>- Blows “raspberries”</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>- If hungry, opens mouth when he sees breast or bottle</li> <li>- Looks at his hands with interest</li> </ul>	<ul style="list-style-type: none"> <li>- Uses mouth to explore objects</li> <li>- Reaches for toy</li> </ul>
Motor	<ul style="list-style-type: none"> <li>- Holds head steady without support when you are holding him</li> <li>- Holds a toy when you put it in his hand</li> <li>- Uses arm to swing at toys</li> <li>- Brings hands to mouth</li> <li>- Pushes up onto elbows/forearms when on tummy</li> </ul>	<ul style="list-style-type: none"> <li>- Rolling</li> <li>- Pushing up with straight arms</li> <li>- Supported sitting</li> </ul>

<b>Safety Tips and Recommendations</b>	
Sleep Safety	<ul style="list-style-type: none"> <li>● Put him to sleep on back, if he rolls onto his stomach by himself then he can stay there.</li> <li>● Put down awake so the baby learns how to put himself to sleep.</li> <li>● It is safe for babies to cry and fuss for 15-20 minutes as they put themselves down to sleep.</li> </ul>
Car and Outdoor Safety	<ul style="list-style-type: none"> <li>● Rear facing in back seat until at least 2 years of age</li> <li>● Keep the baby out of direct sunlight. The baby is too young for sunscreen at this age.</li> </ul>
Food Safety	<ul style="list-style-type: none"> <li>● No honey until the baby is over 1 year old.</li> <li>● When the baby is able to sit in a high chair with good core and neck strength, it is safe to start solid foods.</li> <li>● Start solid foods one at a time. Introduce a new food for 3-4 days in a row while observing for reactions including vomiting, diarrhea, rash or change in breathing.</li> <li>● Expect formula/breast milk intake to remain the same even with introduction of solid foods.</li> <li>● Consider early introduction of highly allergic foods (peanut butter, eggs, milk products).</li> <li>● Avoid drinking hot liquids when holding a baby.</li> </ul>
Indoor Safety	<ul style="list-style-type: none"> <li>● Start baby proofing the home! It is never too early. Cover outlets. Put up gates at tops and bottoms of stairs.</li> <li>● Never leave the baby unattended on a raised surface (such as bed, sofa or changing table) due to fall risk.</li> <li>● Remove small toys, marbles, game pieces, loose change and other choking hazards from the baby's reach.</li> <li>● Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns.</li> </ul>