



## 4 Month Old Well Child Visit

Temp \_\_\_\_\_ Weight \_\_\_\_\_ Weight% \_\_\_\_\_  
HR \_\_\_\_\_ Length \_\_\_\_\_ Length% \_\_\_\_\_  
Resp \_\_\_\_\_ Head Circumference \_\_\_\_\_ Head Circ% \_\_\_\_\_

**Immunizations today: Prevnar; Rotateq; Hib & Pediarix or Hep B & Pentacel**

### DEVELOPMENT

By 4 months of age, your baby should begin to do some of the following:

- Have steady head control
- Roll front to back
- Lift chest off ground when lying on stomach
- Reach and grasp at objects
- Bear some weight when held in standing position
- Laugh and smile
- Continue to coo
- Follow objects with eyes for 180°

### ACTIVITIES

- Play in bath water with toys together
- Sing songs and read stories
- Bounce a favorite toy just out of reach to encourage baby to move towards it
- Look in mirrors
- Go for walks
- Play peek-a-boo
- Play with rattles to encourage grasping
- Avoid sitting baby in front of television

### SAFETY

- Car seat in the backseat, rear-facing
- Keep small objects that can be swallowed away from baby
- Set water heater temperature to 120 degrees F
- Never leave baby alone on bed, changing table or in bathtub
- Begin baby-proofing, including outlet covers, gates and latches for lower cabinets and drawers
- NO SMOKING
- No over the counter medication except Tylenol
- NEVER SHAKE BABY

### FEEDING

- Breastfeeding is best: 10-15 minutes per breast
- If formula feeding, use Iron-Fortified formula,
- Feed on demand, average intake is between 24-32 ounces per day
- No bottles in bed
- Begin solid foods at 4 months. Start with rice cereal. This is the least allergenic of the cereals
- Start slowly. Majority of calories still come from breast milk or formula.

### OTHER:

- Continue regular bedtime. Most babies will begin to sleep through the night now.
- Encourage sleep hygiene by developing a bedtime routine.
- Teething can start anytime between 4 and 12 months. Orajel, cold teething rings and Tylenol are usually effective at controlling discomfort.
- Baby should be in own crib, ideally in own room
- It is important to schedule time for yourself.

### USEFUL WEBSITES

[www.brightfutures.org](http://www.brightfutures.org) [www.aap.org](http://www.aap.org) [www.kidshealth.org](http://www.kidshealth.org)

**USAHC Stuttgart, Germany**

Next scheduled visit is at **6 months**  
Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353  
WIC 07031-15-3351  
EDIS/Early Intervention 07031-15-2697/2547  
Poison Control: 06371-86-7070 DSN 486-7070