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4 MONTHS

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT: _____ lbs _____ oz _____ %
LENGTH: _____ inches _____ %
HEAD CIRC: _____ cm _____ %



FEEDING: Between 4 to 6 months is the appropriate time to start feeding your baby. Initially, start out with baby rice cereal mixed with the baby’s primary milk source to make the taste familiar. Experiment with the consistency of the cereal to find what the baby likes. Once the baby has the hang of eating from the spoon once a day with the rice cereal, add a second feeding of rice cereal. Once the baby is tolerating the 2 feedings/day well with no bowel problems or other intolerances, start to add in single ingredient fruits and vegetables. If you want to make the baby food yourself, it is fine, just make sure to make a smooth puree. You can mix it in with the cereal or serve one separately from the other. Offer 1 new food every 3 days to make sure that there is no allergy. Babies naturally prefer sweet tastes and some experts recommend giving vegetables before fruits. We advise the orange colored veggies (squash, carrot, and sweet potato) first because they are easy to digest and have low allergy potential.



SLEEPING: By this time you should have a more predictable schedule with your baby. Pay close attention to sleepy cues (yawning, eye rubbing) to not let your baby get overtired. Now is the time to beginning developing good habits. Encourage self soothing to allow your baby to learn to fall asleep on their own by putting them down when they are sleepy but not asleep. Establish a bedtime routine like dimming lights, quiet sounds, warm bath and reading books.



IMMUNIZATIONS: Pediarix (DTaP, Hep B, Polio), Hib, Prevnar, Rotateq



DEVELOPMENT:

4 Months:

- Rolls front to back
- No lead lag when pulls to sit
- Makes raspberries (blows bubbles)
- Sits with support
- Brings objects to mouth
- Reaches for objects

5-6 Months:

- Passes objects from hand to hand
- Sits unsupported (6 months)
- Rolls both directions
- Bangs toys
- Puts feet to mouth



NEXT VISIT: 6 MONTHS