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Four Month Exam

Weight _____ lbs. _____ oz Length _____ inches Head Circumference _____ inches
_____ percentile _____ percentile _____ percentile

Feeding

Continue Feeding breast milk or formula as you have done. Babies should not be given a bottle in bed; this can damage erupting teeth. Solid foods may be started at this time. Some babies are not yet ready for solids; if your baby is not, relax and try again in another week or two. Feed your baby one new food at a time; watch carefully for a reaction to any new foods. If a reaction occurs discontinue that food.

Cereal Use rice cereal from the box. Feed from a spoon rather than a bottle. Start with a very thin mixture then gradually thicken as the child learns to tolerate solids. Do not use mixed cereal until your baby tolerates rice, barley and oatmeal cereals individually.

Vegetables After your baby is tolerating cereal well, you may begin with vegetables. Introduce one at a time, waiting three to four days before trying another type of vegetable.

Fruit This is basically sugar and not necessarily very important. Do not let your baby “fill up” on fruit at the expense of cereal or vegetables. Avoid citrus fruits until one year of age.

Development

Baby is much more alert and sociable. He/she now has good head control, and will soon be rolling from front to back. Your baby may be paying attention to what is in his/her hands, and voluntarily grab for nearby objects. Many babies will be sleeping through the night.

Safety

- 1) When your baby is on the changing table or bed, never take your hand off him/her. Babies may easily fall while you are reaching for something. Be sure to have everything that you need close by.
- 2) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs **and** 2 years of age should be rear facing, and never placed in the front seat.
- 3) Never place a string or necklace around your baby's neck. Strings of any length can cause a choking hazard.
- 4) The recommended sleeping position is on the back. This position has been found to greatly reduce the risk of SIDS (Sudden Infant Death Syndrome) in infants.

Immunizations

Your baby will get his/her second “set” of immunizations today.

- 1) Pediarix (DtaP, Hep B, IPV combined) # 2
- 2) *Hemophilus influenza* type B (a major cause of meningitis) – HiB # 2
- 3) Prevnar # 2 (Pneumococcal 13-valent vaccine – PCV13)
- 4) Rotateq #2

Next Visit

Next visit is in two months, when your baby is six months of age.