
Four Month Well Child information

SLEEP

- At this age, most babies take 2 to 3 naps each day and sleep between 14 to 15 hours per day.
- Lay your baby down to sleep when he is drowsy but not completely asleep so he can learn to self-soothe.
- The safest way for your baby to sleep is on his or her back. This reduces the chance of sudden infant death syndrome (SIDS).
- Keep soft objects (blankets, bumper pads, stuffed animals) out of the crib.
- DO NOT allow your baby to share a bed with adults or other children.

SKIN CARE

- Protect your baby from sun exposure. Cover him with clothing, hats, etc. Sunscreen is not recommended for children under 6 months.
- Bathe your baby every few days with a gentle soap.

ENCOURAGING DEVELOPMENT

- Place your baby on his or her tummy for supervised periods during the day for "tummy time." This helps muscle development.
- Talk to your baby. Repeat sounds that your baby makes back to him or her.
- Recite nursery rhymes, sing songs and read books.
- Find brightly colored toys and objects that are safe for your 4-month old.

NUTRITION

- Breast milk is all your baby needs for the first 6 months. If you are not breast feeding, iron-fortified formula should be used.
- Your baby may be ready for solid foods when he can sit with minimal support, has good head control, can turn his head away when full, and is able to move small amounts of pureed food around in his mouth.
- Start with single ingredient foods to help monitor for any allergic reactions.
- Do not feed baby honey before 1 year of age.
- Most babies eat every 4 to 5 hours.

IMMUNIZATIONS

- Rotavirus
- Tetanus
- Diphtheria
- Pertussis (whooping cough)
- Polio
- Hib (haemophilus)
- Hepatitis B – if it was not given at birth
- Pevnar (pneumonia)

NEXT WELL CHILD VISIT: 6 MONTHS