



Pediatric Clinic  
PATIENT EDUCATION HANDOUTS

## Fort Carson Four Month Well Baby Visit

### Development

Between 4 and 6 months you will notice your baby doing the following:

- \*sits steadily when supported; may sit unsupported by six months of age
- \*reaches for and grasps objects
- \*may transfer objects from one hand to another
- \*learns to roll tummy to back and back to tummy by six months of age
- \*smiles, coos, laughs, squeals
- \*may make consonant/vowel sounds like “da” and “ba”
- \*recognizes parents
- \*initiates interaction with parent
- \*gets hands and objects to mouth
- \*holds up stomach and chest with arm support

### Activities for You and Your Baby

- \*play in playpen or on floor with soft toys
- \*stroke baby with soft toys of different materials like terry cloth, silk, and corduroy
- \*play in bath with water and soft toys
- \*sing and recite nursery rhymes
- \*place a favorite toy just out of reach so baby will have to move to get to it
- \*place unbreakable mirror in front of infant
- \*play “peekaboo” and touching games like “this little piggy” with baby

### Safety

- \*protect from falls off bed or changing table

Today’s Date \_\_\_\_\_ Age \_\_\_\_\_

Weight \_\_\_\_\_ # \_\_\_\_\_ oz

Height \_\_\_\_\_ ” \_\_\_\_\_

Head circumference \_\_\_\_\_ cm

\*keep powder containers and small objects (such as coins, buttons, nuts) away from baby

\*never leave baby alone in/near water → ignore the telephone and doorbell or take baby with you

\*always use a car seat, back seat, rear facing

\*keep sharp objects out of reach

\*keep all medicines and pills secure and out of baby’s reach

\*no smoking in home or car or around infant

\*set hot water heater at 120 degrees or less

\*test the bathwater with elbow to prevent burns

\*do not use a walker; infants in walkers can have very serious injuries

\*provide protection from exposure to sun

### Dental Hygiene

\*begin brushing or wiping the teeth with plain water as soon as the first tooth erupts. Toothpaste isn’t needed at this age.

\*never put baby to bed with a bottle; it can cause the baby’s teeth to decay

## **Immunizations Today**

\*Pediarix #2 (DtaP --Diphtheria, Tetanus, and Acellular Pertussis, IPV--Polio, Hepatitis B)

\*HIB #2 (Hemophilus Influenza B)

\*Prevnar #2 (Pneumococcal vaccine)

Your child may have a high fever, be a bit irritable, have a rash, swelling/pain at the injection site. You can give your infant Tylenol as directed by your doctor for these symptoms.

## **Feeding**

\*breast or bottle on demand (average baby takes

24 to 32 ounces in 24 hours or 6-8 breast feeds/day)

\*breastfed infants should receive Vit. D supplement.

\*formula fed infants should be fed formula with iron.

\*always hold infant for feeding; do not prop the bottle→it can cause choking

\*check to see if your water is fluoridated and let your child's doctor know at the 6mo checkup.

**\*baby should not begin solid foods/cereal until age 6 months.**

Studies show starting solids prior to 6 months of age can result in overweight children by age 3 years.

around 6 months start stage 1 vegetables

\* NO plain water or fruit juice unless under the direction of your child's doctor.

\* do not put cereal in the bottle unless under the direction of your child's doctor.

\* avoid infant feeders.

**Your baby's next regular well child visit is at 6 months of age.**

**Please bring your child's shot records to every well baby appointment or physical.**

**Call for an appointment.**

**Appointment Line: 526-2273/524-2273**

**Pediatric Clinic front desk 526-7653.**

**Family Practice Clinic 524-4068**