



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

## FOR YOUR 4 MONTH OLD

### FEEDING

Breastfeed your baby 5-8 times per day until your baby seems content. Continue prenatal vitamins while breastfeeding.

If you do not breastfeed, use an iron-fortified infant formula. Feed your baby 4-6 ounces at each feeding for a total of 26-32 ounces per day. Do not heat formula in the microwave.

If breastfeeding, discontinue Vitamin D and start multivitamin with iron, such as Yum by Nova Ferrum or Poly Vi Sol w/ iron.

Do not give honey in the first year.  
Do not give juice or water.

Cereal or other solids may be started between 4 and 6 months of age. See below for guidelines.

### GENERAL PRINCIPLES FOR INTRODUCING SOLIDS

**You do not need to start foods until 6 months.**  
Be alert to your baby's cues; do not force your baby to take solids if he isn't ready.

Use a small plastic-coated spoon to feed; no need to put cereal in the bottle.

Giving your baby fruits and vegetables early and often makes it more likely he'll eat them later.

Introduce new foods one at a time, and give the same food 2-3 days in a row. Watch for allergic reaction (rash, vomiting, or diarrhea).

Talk to your doctor if your child is high risk for peanut allergy (severe eczema, egg allergy, or both). Early and frequent introduction of foods containing peanuts has been shown to decrease the risk of peanut allergy. The same is true for early introduction of eggs. Ready, Set, Food! Stage 1 is a product to help with this.

Provide a variety of foods – iron-fortified cereals, pureed fruits, vegetables, or meats.

Form and consistency of food should match your baby's skills; choking is a hazard at this stage. Most babies eat one meal at 4-6 months, 2 meals at 5-7 months, and 3 meals at 6-8 months. Adjust these guidelines if your child is not satisfied.

### ELIMINATION

Once your baby begins to eat solids, there will be changes in the stools (frequency, color, and consistency). This is normal and they may wake at night.

If you think your baby is constipated, speak to your doctor.

### DEVELOPMENT (4-6 MONTHS)

Bears weight on legs, holds head and body up, rolls over, may sit alone.

Smiles and laughs.

Visually follows an object & distance vision improving.

Grabs, shakes a rattle, puts hands together, puts everything in mouth, and drooling frequently.

### SLEEP

Always place your baby on his back to sleep on a firm, flat mattress.

The average baby sleeps 15 hours per day at this age. It is normal for your baby to sleep more on some days and less on other days.

Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! It is helpful for them to know it is normal to put themselves to sleep without help at an early age.

Do not encourage your baby to wake for middle of the night feedings by playing and talking to him – make the nighttime boring.

## FOR YOUR 4 MONTH OLD

Some babies will begin to roll to stomach. Once they can, they can/will roll themselves to stomach at night.

---

### SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat until beyond 2 years of age.

Always make sure your baby sleeps in a safe place. The crib slats should be less than 2-3/8 inches apart.

Take an infant CPR /first aid class.

Set your hot water heater to 120°F to prevent burns. Never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

Inspect toys carefully for safety.

---

### OTHER THINGS TO KEEP IN MIND

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation. A fever alone doesn't necessarily mean your baby needs to be seen.

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Sunscreen (SPF 15 or higher) may be used when sun exposure is unavoidable, but preferably not on the face or hands.

Shaking or spanking your baby may cause serious injury or death.

Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of SIDS. This is a great time to consider quitting! Hold, talk, and sing to your baby!

Teething starts around 6 months old. If your baby is teething, give him cold teething toys. (Do not freeze the teething toys.) Avoid teething tablets and Orajel. Do not use amber necklaces as these could cause strangulation.

---

### SUGGESTED READING

*"What to Expect the First Year"*

*"The Secrets of the Baby Whisperer"*

*"Solve Your Child's Sleep Problems"*

*"Sleeping Through the Night"*

*"The Sleepy Solution"*

---

### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)

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

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.seatcheck.org](http://www.seatcheck.org)

[www.healthychildren.org](http://www.healthychildren.org)

---

### ACETAMINOPHEN DOSAGE (160mg/5mL)

(Every 4-6 hours)

6-11lbs = 1.25mL

12-17lbs = 2.5mL

No ibuprofen should be given prior to 6 months of age.

---

### TESTS/IMMUNIZATIONS FOR TODAY

Your baby will receive immunizations today.

Please review our information sheets or you may visit [www.aap.org](http://www.aap.org) for vaccine information.

---

### YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 6 MONTHS OLD

At the six month check-up...

- Your baby will have a physical examination
- Your questions and concerns will be answered.
- Your baby will receive vaccines.