

# THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

## PETERKORT

Peterkort Centre I  
9555 SW Barnes Road, Ste 301  
Portland, Oregon 97225  
(503) 297-3371 Fax: (503) 297-7975

## TUALATIN

Whitney Professional Building  
19255 SW 65<sup>th</sup>, Suite 100  
Tualatin, Oregon 97062  
(503) 691-9777 Fax: (503) 692-6736

### AGE FOUR MONTHS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Wt: \_\_\_\_\_ lb \_\_\_\_\_ oz \_\_\_\_\_ %  
Ht: \_\_\_\_\_ in \_\_\_\_\_ %  
Head: \_\_\_\_\_ cm \_\_\_\_\_ %

#### Next physical appointment at 6 months of age

#### Special instructions:

**DEVELOPMENT:** Your baby will now be able to hold his head upright, sit with support, and might be learning to roll over or scoot. She will start using her hands and holding a toy, and might bring that toy to her mouth. Your baby will be more sociable: smiling, cooing, laughing and squealing. Also, she might cry when you move away or when strangers approach.

You cannot "spoil" a baby at this age. They simply have needs and expect someone to satisfy them. You also need to consider your needs and strike a balance. If your baby seems to need to be picked up too often, pick him up briefly and put him down next to you, giving frequent social contact, rather than continuously holding him.

**FEEDING AND DIET (See Solid Food handout):** Breast milk or iron-fortified formula remains your baby's most important source of nutrition. You may introduce solids between 4-6 months. The solids should be given in addition to, not instead of, breast milk or formula. Start with infant cereal, and offer it with a spoon. Other solids are not usually recommended until six months of age. Introduce only one new food every 4 to 7 days so that if your baby has a reaction, you can identify which food caused it. If a rash, vomiting or diarrhea occur, stop the new food and wait at least a month before trying it again. Do not offer mixed foods until you have tried each of the ingredients separately. Babies often act as though they do not like new foods and may spit them out. This is their reaction to new textures and/or tastes. Don't give up. Try the same food again in a few days.

Never let your child take a bottle to bed, and do not prop the bottle.

**DENTAL:** Teeth usually do not appear until 6-7 months, although your baby may be drooling and have gum discomfort. You may offer a cool teething ring, topical numbing medicine or acetaminophen drops to ease the discomfort.

**BOWELS:** Solid foods will change the stool appearance. Red vegetables may cause red stools, while green vegetables may cause green stools. The consistency will also vary with diet. Cereal will make the stools more firm, while fruits will make the stools more loose.

**SLEEP:** Babies often awaken at this age, even if they previously were sleeping through the night. If your baby awakens and cries out, check on her safety. You may comfort and reassure her. Try to avoid night feedings. Do not encourage your baby to get up and play, or you might create an unnecessary sleep problem. If your baby is already feeding at night, gradually decrease the amount (or time at breast) until the feeding can be discontinued. To encourage your baby to learn to fall asleep by herself, put her in her bed drowsy or awake, rather than rocking or feeding her until asleep.

**PLAYTIME:** To teach your baby to entertain herself for short periods of time, place her on her stomach on a padded blanket on the floor or in the playpen. Put bright toys where your baby can see and reach them. Avoid toys with sharp edges or small parts that can be swallowed.

Jumpers and exersaucers are fine, but not for more than 30 minutes a day. You can actually hinder development by overuse. Walkers are not recommended. It is better to let your baby wiggle and learn to crawl and explore.

Make special time for just yourself and also your spouse and other children.

**IMMUNIZATIONS:** During the first year of life your child will receive the primary series of DTaP, Hib, Polio, Pneumococcal and Hepatitis B vaccines. The most current national immunization program vaccine information sheets will be given at each visit for the immunizations your child will be receiving at that visit. Please read them carefully so you understand the benefits and possible side effects. Common reactions include fever, soreness, fussiness and sleepiness. Some children have no reaction at all. You should call our office if your baby is fussy or has fever for more than 48 hours, has fever higher than 105° F, or if your baby screams and cannot be calmed down within 3 hours.

**SAFETY:**

- Always use a car seat in the approved manner, no matter how loudly your baby is screaming.
- Your baby should be riding in a car seat in the back seat facing toward the rear of the car. Do not put infant car seats in the front seat. This is especially dangerous if the car has an airbag on the passenger side.
- Babies learn to scoot and roll. Never leave your child unattended on high places, such as changing tables, beds, or sofas.
- Baby proof your home as your baby is learning to crawl and scoot. Babies are naturally curious so you must learn to prevent accidents.
- Remove all dangling electrical and curtain cords.
- Set your water heater at 120° F to avoid scalding.
- **NEVER** leave your baby unattended in the bathtub.
- Use a playpen as an island of safety.
- Do not shake or jerk your baby. This could cause brain damage.
- Do not smoke in the house or car as babies are affected by breathing smoke. They have twice as many colds and are twice as likely to develop asthma.
- Do not hold your infant when drinking hot liquid or smoking (if you haven't been able to stop yet).
- Check the batteries in your smoke alarm.
- It is extremely important to avoid direct exposure to sunlight by using hats, loose clothing and keeping your baby in shaded areas.
- Sunscreens may be applied sparingly on the hands and face (avoid the mouth and eyes) of an infant who is less than 6 months old.

**SUGGESTED READING:**

**Caring for Your Baby & Young Child** by AAP and published by Bantam Books, 1991.

**Your Child's Health** by Barton Schmitt and published by Bantam Books, 1991.

**First Feelings: Milestones in the Emotional Development of Your Baby and Child** by Stanley Greenspan M.D. and Nancy Thorndike Greenspan and published by Penguin Books, New York, 1988.

**Taking Care of Your Child** by Robert Pantell, M.D., James Fries, M.D., and Donald Vickery, M.D. and published by Addison-Wesley Publishing Co., Reading, Mass., 1993 (4<sup>th</sup> edition).

**Touchpoints, Your Child's Emotional and Behavioral Development** by T. Berry Brazelton, M.D. and published by Addison-Wesley Publishing Co., Reading, Massachusetts, 1992.

**What To Expect The First Year** by Arlene Eisenberg, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N. and published by Workman Publishing Co., New York, 1989.

**Your Baby and Child, from Birth to Age Five** by Penelope Leach and published by Knopf, New York, 1989.

**Solve Your Child's Sleep Problems** by Richard Ferber and published by Simon & Schuster, Inc., 1986.

**Infants and Mothers** by T. Berry Brazelton and published by Delacorte, New York, 1969

**IMPORTANT NUMBERS:**

**Poison Control Center: (800) 222-1222**