Village Pediatrics, LLC

Anticipatory Guidance for
4 Month Old

**Diet:**
At this time, some babies may start cereal, fruits and vegetables. (Breast milk and formula meet all of your baby’s nutritional requirements until 6 months however many babies are hungry enough to require some solid food to “fill them up”. If your baby is not interested in eating now, don’t worry, solids can be introduced at a later time.) Start off with 2 Tbsp of cereal (Rice, barley or oatmeal.) (If your baby tends towards infrequent stools or constipation avoid rice cereal) Mix it with some formula or breast milk to make a thin paste. Feed this to your baby with a baby spoon. Gradually make the cereal thicker. Although the baby may spit it out at first, he/she will soon get the idea. It usually takes about a week. Feed the cereal two times a day (morning and evening). After a week of eating cereal and if eating interests your child, you make introduce fruits and vegetables. Use Stage I jars or foods with similar consistency (thin). The fruits to start out with are: applesauce, pears, bananas, (prunes). The veggies: sweet potato and squash. Add new foods one at a time and alternate fruits and vegetables as you introduce them. Allow 3 days between each food item. After you have introduced all of the above you may then introduce apricots, peaches, green veggies and carrots last (because of the nitrites). Continue with Stage I foods until your 6 month visit at which time we will introduce Stage II foods.

**BM’s:** With the introduction of food BM’s may vary from previous consistencies, color and smell. As long as he/she is going regularly and is comfortable there is no problem.

**Development:** Your baby should smile, laugh occasionally, coo, vocalize, lift head and shoulders while on stomach, be aware of his/her hands, start reaching and grabbing for objects and holding a rattle. Over the next few months, your baby may start rolling over, sitting with support or leaning forward on his/her hands and begin laughing and squealing. Play social games such as pat-a-cake, peek-a-boo, so-big. Consult Ages and stages 4-8 months for more ideas.
**Sleep:** By 4-5 months, your baby should be sleeping through most of the night. It is important that you put your baby in the crib drowsy but awake. For best results I recommend not feeding and rocking your baby to sleep in your arms before placing the baby in the crib. If he/she learns to fall asleep on his/her own you have a better chance of him/her falling back to sleep on his/her own should they awaken in the middle of the night. If your baby should wake up later in the night, try not to feed, but rather comfort and pat him/her on the back to get him/her back to sleep. Keep the lights off or dim.

**Illness and Injury prevention:**

**SIDS (sudden infant death syndrome)** is still a concern. Continue to avoid exposure to cigarette smoke, being in too warm of an environment, sleeping on your stomach. It is also important to continue to avoid exposure to cigarette smoke to avoid respiratory problems, colds and ear infections. **Please do not smoke!**

**Fever/illness:** A rectal temp equal to or greater than 100.5 is considered a fever. A low fever isn’t as critical as when your baby was younger. However if it should last longer than a day or if it is above 102.5 he/she should be evaluated. Other signs of illness may be not feeding well or acting right.

Continue to use an infant car seat that is properly secured at all times.

Now is a good time to start childproofing your home. Cover the electrical outlets, secure cupboard doors and drawers with childproof latches, install smoke alarms, and if you have a pool, install a pool fence.

Ask about the use of probiotics and supplements to enhance your child’s immune system.

**Parental health**

Back to work? Take inventory on how you are feeling about yourself and your child care arrangements. Take some time for yourself and spend some individual time with your partner. Keep in contact with friends and family members. Avoid social isolation. If there are other children in the family, appropriately engage them in the care of the baby.

**Immunizations:** Pediarix (Dapt/IPV/HepB)
- HIB
- Prevar
- Rotarix/Rotateq

Review your immunization packet. Following the immunization there may be some swelling and discomfort at the injection site. Place a cool compress on the injection site and you may give infant Tylenol (acetaminophen) .8cc .Give once and then every 4-6 hours thereafter, as needed.