



A Member of  
**Valley Children's Medical Group**

www.fresnochildrens.com

## Well Child Care, Four Months

**Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **HC:** \_\_\_\_\_ **Age:** \_\_\_\_\_

The following is our recommended well child visits and immunizations schedule. Typically, the 6, 12, and 18 month well visits are conducted by one of our pediatric nurse practitioners.

	1 wk	1 M	2 M	4 M	6 M	9 M	12 M	15 M	18 M	2 Y
Hepatitis B		X	X			X				
** (DTaP) Diphtheria, Tetanus, Pertussis, Polio, H. influenzae b			X	X	X			X		
Pneumococcal			X	X	X		X			
** (MMR) Measles, Mumps, Rubella								X		
Varicella							X			
Hepatitis A							X		X	
Rotavirus (by mouth)			X	X	X					

\*\*combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website [www.fresnochildrens.com](http://www.fresnochildrens.com) in the Health Information tab.

### NUTRITION

- Continue to breast feed or to use formula for the first year of your baby's life.
- Begin introducing baby cereal (rice, oatmeal, or barley) with iron between 4-6 months of age; mix with breast milk or formula and make it thin at first; gradually thicken it.
- Between 5-7 months of age, introduce vegetables, then fruits.
- Introduce one new food every 3-5 days.
- Do not home prepare beets, turnips, carrots, or collard greens. These vegetables may contain large amounts of nitrates. Baby food companies screen for nitrate on these vegetables when they make their baby food, so they are safe to feed to your child.
- Do not put cereal in the bottle.
- Do not prop the bottle for your infant to eat.
- Always hold your infant while he is eating.
- Babies will gain approximately 1 to 1 ¼ pounds a month.
- Do not give regular milk, honey, or egg whites during the first year.

### INFANT CARE

- Most babies take two naps per day.
- For teething discomforts, you may try gently rubbing or massaging the gums with your fingers, or teething rings.
- For cleaning baby's new teeth, brush with a soft child's brush or wipe them with a clean wash cloth at the end of the day.
- Only allow drinking from a bottle at mealtimes, not all day long or for an extended period of time.
- Avoid OTC teething remedies.

## **DEVELOPMENTAL MILESTONES**

- Babbles and coos.
- Smiles, laughs, and squeals.
- Opens hands, holds own hands, grasp rattle.
- Supports his weight on his legs.
- Controls heads well.
- May sleep for a least 6 hours at night.
- May develop a lot of drooling due to maturing salivary glands.

## **INJURY & ILLNESS PREVENTION**

- For car seat information visit [www.safecar.gov](http://www.safecar.gov)
- All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age.
- The back middle seat is the safest place for children.
- It is recommended that baby sleeps in their own crib in parent's room until one year of age.
- Remember to look in the back seat of your car before exiting to make sure no one is left behind.
- Back sleeping reduces the risk of sudden infant death syndrome (SIDS).
- Do not use soft bedding, soft toys, or toys with loops or string cords.
- Do not leave your baby alone or with a young sibling or pet.
- Learn emergency procedure for choking and CPR.
- Do not leave your baby alone in a tub of water or on high places such as changing tables, beds or chairs.
- Keep toys with small parts or other small or sharp objects out of reach.
- Check your home for lead poisoning hazards (chipped lead paint, lead dust, lead water pipes, poorly glazed pottery).
- Do not give your baby plastic bags or latex balloons.
- Do not put your baby in an infant walker at any age.
- Second-hand smoke exposure, of all sources including vapor devices, is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For more information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quite Smoking" tab on the top menu.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com).**