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MEDICAL GROUP
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Well Child Care, Four Months

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Continue to breast feed or to use formula for the first year of your baby's life
- Begin introducing baby cereal (rice) with a spoon when your baby is developmentally ready, after four months of age
- Between 5 to 7 month of age, introduce yellow vegetables, then fruits, and greens
- Do not home prepare beets, turnips, carrots, and 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 it's safe to feed to your child
- Always hold your infant while feeding him/her. Do not prop a bottle and have them lay down to eat
- Babies will gain approximately 1 to 1 ¼ pounds a month
- Introduce one new food every 3 to 5 days
- Do not give regular milk, honey, olive oil, mineral oil, wheat, citrus, 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 clothe at the end of the day
- Do not put your baby to bed with a bottle
- Only allow drinking from a bottle at mealtimes, not all day long or for an extended period of time

DEVELOPMENTAL MILESTONES

- Babbles and coos
- Smiles, laughs, and squeals
- Opens hands, holds own hands, grasp rattle,
- Supports his whole 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

- Continue to use rear-facing infant safety seat in back seat of car until your infant is twelve months old **AND** twenty pounds
- The back seat is the safest place for children
- Remember to look in the back seat of your car before exiting to make sure no one is left behind
- Back sleeping is preferred and reduces the risk of sudden infant death syndrome
- 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 is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.