

## Well Child Check 4 Months

### Nutrition

- Breast milk or formula should be your child's primary source of nutrition for the first twelve months. There are more calories per ounce of breast milk or formula than most solid food could provide. Even after solids are started, your infant should still be fed about 4-6 times a day with an approximate range of 20-36 ounces of breast milk or formula.
- Do not prop bottles or give bottles in bed due to risk of ear infections and early cavities.
- If bottle feeding, consider using glass bottles to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk.
- The American Academy of Pediatrics recommends 400 IU of Vitamin D3 every day for exclusively breast fed infants. Alternatively, breastfeeding mothers may supplement themselves with 6400 IU total of Vitamin D3 daily. Mothers should consult their healthcare providers prior to starting any supplementation.
- Omega 3 fatty acids (DHA/EPA) may help brain growth and development. Most infant formulas now have DHA/EPA. Formula fed infants should get a least 150mg DHA per day supplemented in their formula. Nordic Naturals makes an infant product with a dosing schedule on their site based on the infant's weight.
- DHA is passed from mother to infant in breastmilk. Breastfeeding mothers may take an over-the-counter DHA/EPA supplement, or increase omega 3 fatty acids in her diet. Always check with your healthcare provider prior to starting supplementation. Dietary sources of omega 3 fatty acids include: fresh or frozen wild salmon (goal 12 oz per week), canned sockeye, sardines, black cod, herring, algae products, walnuts, freshly ground flax and hemp seeds, omega-3 enriched eggs. Alternatively, check to see if your prenatal vitamin already includes DHA/EPA. To check the safety profile of omega-3 in your prenatal vitamin: [www.consumerlab.com/results/omega3.asp](http://www.consumerlab.com/results/omega3.asp)
- If bottle feeding, consider using glass bottles to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk.
- You may start giving your infant solid foods between 4-6 months of age, depending on if your infant is cueing to eat (and if you're ready). Look for signs that your baby is ready to start solids: not pushing food out of the mouth, opens mouth when spoon approaches in anticipation of food. Also look for hunger cues. Your baby may indicate a desire for food by opening the mouth and leaning forward, and your baby may indicate fullness by leaning back and turning away.
- We recommend introducing organic pureed vegetables as baby's first food. Well washed and steamed organic sweet potatoes or green vegetables, or avocado can be pureed with either formula or breastmilk to make a healthy starter puree. In the beginning, only introduce one new food every few days in order to watch for rare adverse reactions (hives, lip swelling, vomiting or difficulty breathing). If any of these side effects happen, notify our office immediately or call 911 for emergencies.
- Excellent baby food books with more detailed solids introduction guidance include: Little Foodie by Michele Olivier or Real Baby Food by Jenna Helwig
- Introducing a small amount of organic peanut butter (without other added oils) before 6 months can help prevent peanut allergy later. Try smearing a small amount of peanut butter on your infant's gums several times a week.
- Your infant does not need extra water until 6 months of age
- Juice is not recommended routinely at any age because of its high sugar content

### Development

#### **4 to 6 months:**

- Gross Motor skills: holds head high when on stomach; raises body up on his/her hands; holds head steady when pulled up to sit; rolls over; sits with support.
- Fine Motor skills: plays with his/her hands; holds a rattle; tries to obtain small objects with a raking movement; transfers objects from one hand to another
- Sensory skills: tracks and follows objects visually to 180°; turns head toward sound and familiar voices
- Communication skills: babbles; laughs; squeals; takes initiative in vocalizing and babbling at others; imitates sounds; plays by making sounds
- Social skills: initiates social contact by smiling, cooing, laughing, squealing; looks at, recognizes, and studies parents and other caregivers; shows pleasure and excitement with interaction with parents and other caregivers; may be displeased when a parent moves away or a toy is removed

### Fever and Medication

- **FEVER=100.4 or higher rectally**
- **No Advil or Motrin** (ibuprofen) until 6 months
- **No Aspirin** until 18 years
- **Tylenol** (acetaminophen) may now be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours**. Tylenol dosing is based on weight; please see chart below for your child's dose. We recommend using Tylenol as **sparingly as possible**.

<b>Infant's Weight</b>	<b>Infant Drops or Children's Suspension (160mg/5ml)</b>
------------------------	--

6 – 11 lbs.	1.25 ml (40mg)
12 – 17 lbs.	2.5 ml (80mg)
18 – 23 lbs.	3.75 ml (120mg)

- **NO COUGH OR COLD MEDICINES.** If your infant gets a cold, try humidified air and nasal saline drops with the bulb syringe. Please call our office if your infant is having difficulty breathing or is not feeding well due to congestion.

### **Sleep**

- Infants at this age may be able to sleep overnight for 5-6 hours (or longer). The frequency and duration of feedings, regular nap times, and active playtimes may help to encourage longer sleep duration overnight.
- You may allow your baby to learn to put himself/herself to sleep by placing your baby in the crib while drowsy but not fully asleep.
- Infants should **sleep on their back** to reduce risk of Sudden Infant Death Syndrome (SIDS).
- Cribs slats should be no more than 2 ¼ inches apart so your infant’s head cannot become trapped between them. Keep the side rails up whenever your infant is in the crib to prevent falls. The crib mattress should be firm and snug-fitting. Lower the crib mattress before your baby can sit up unassisted.
- Avoid loose, soft bedding such as pillows, blankets, and comforters as well as soft toys in your baby’s crib.
- Infants should have **tummy time** every day while supervised but **not while sleeping**. If your infant flips onto their tummies during sleep, you don’t need to flip them back over.

### **Routine baby care**

- If your baby has fussy period in the afternoon or evening, try to calm him/her by talking, patting, stroking, rocking, or bundling. It is okay to put your infant down in another room if you need a break. **Never shake a baby.**
- Most infants do not teeth until 6-9 months of age. Drooling and chewing on hands, etc. usually indicates that your infant has entered a normal oral phase.
- A fussy baby can be challenging. If you feel as though your infant is fussier than normal and you need support, the Fussy Baby Network is a great resource <http://www.fussybabynetworkcolorado.org>, through the first year of life.
- Most babies only need baths 1-2 times per week to avoid drying out the skin, and encourage a healthy skin microbiome. Minimize soap exposure to avoid excessive drying. To check the toxicity of your newborn skin care products, visit <https://www.ewg.org/skindeep/>

### **Car Seat**

- **A car seat** must be used every time your infant is in the car and must be facing the rear seat. The center, rear seat is the best place for the car seat. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

### **Safety**

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Maintain the hot water temperature in your house less than 120° F
- Do not walk with your infant while carrying hot drinks that could scald him/her.
- Do not use strings, necklaces, ribbons, or anything else around your infant’s neck.
- Always keep a hand on your baby when changing diapers or clothes.
- Never leave your baby alone even for a second in a tub of water.
- Your infant should be supervised around pets at all times.
- Avoid exposing your child to the sun for prolonged period of time. Keep your infant covered or use sunscreen.
- Avoid **all** tobacco smoke around your infant. Infants who are exposed to smoke have more respiratory and ear infections.
- Hire an experienced babysitter who knows the basic care for infants, as well as, how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Use of infant walkers is not recommended due to risk of falls and other injuries.
- Begin to safety proof your home now before your infant begins to crawl. Install window guards as well as stairway gates. Protect electrical outlets and cords. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- Sunscreen: Generally sunscreen use starts at 6 months of age, however if there will be significant sun exposure, place sunscreen on exposed areas. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe infant sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- **Poison Control: 303-739-1123 or 1-800-222-1222**

*If your infant received vaccinations today, he/she may not experience any side effects of these vaccines. However, the most commonly reported side effects include: an increase in sleeping, possibly fever (low-grade, 99-100°) and mild fussiness within 24-48 hours. If you have questions about vaccines or vaccine safety, please ask your provider.*

**Your infant’s next well check should be at 6 months.**