

CMA 4 Month Well Baby Visit

Development

What most babies do by this age:

- Smiles on own
- Looks at you, moves, or makes sounds to get your attention
- Makes “ooo” “aaah” cooing sounds
- Turns to the sound of your voice
- Looks at hands with interest
- Holds head steady
- Brings hands to mouth
- Pushes up on elbows/forearms when on tummy

Nutrition/Feeding

- Continue breast milk or iron-fortified formula as main source of nutrition
- May start solids at 4-6 months as infant shows readiness. Try new food every 2-3 days
- Between 4-6 months have infant try peanut butter off parent finger several times a week. Discuss first with provider if moderate eczema or family history of food allergies
- Avoid adding salt, sugar, mixed seasonings
- No honey or cow’s milk until after first birthday
- Vitamin D 400IU/day if breastfeeding or taking less than 32 oz formula
- Poly-vi-sol with iron, daily, if breastfeeding
- No sleeping with bottle

Hygiene

- Use mild soaps (Dove, Aveeno, Baby washes)
- Use Q-tips in outer areas of ears only
- Keep fingernails short
- **Maintain good hand washing practices**

Teething

- First tooth may erupt between 4-8 months but can occur at 15 months or later
- Tylenol may be given occasionally if sleep is disturbed by teething pain
- Cold washcloths/teething rings may help relieve discomfort
- Do not allow baby to sleep with bottle

Sleep Help

- Place baby in crib when drowsy, but still awake if possible
- Feed right before putting to bed
- Baby sleeps about 14-16 hours or more per day

- Develop nighttime ritual
- Wait a few minutes before responding to your child’s fussing at night

Safety

- Safety proof home; no exposed outlets, cords, medicines, chemicals out of reach; use smoke detector, water temperature less than 120 degrees
- Always use car seat rear facing
- Never leave baby unattended on any surface above the floor
- Never leave baby alone in house, yard, or car
- Never warm bottle in microwave oven; it can have hot spots that can burn baby, as well as alter nutrients in the milk/formula.
- Remove all small objects that baby can choke on
- Avoid smoke in baby’s environment; has been linked to asthma, ear infections and SIDS
- Have baby sleep on her back to prevent SIDS
- Nothing in crib such as soft pillows, comforters, and stuffed animals etc. until 1 year old
- Infant walkers are not recommended
- Avoid holding baby while you are cooking or holding hot beverages
- Keep Emergency numbers and Poison Control numbers near phone at all times
- Keep crib away from window and curtain cords
- Limit sun exposure. Use sunscreen SPF 15 or higher if necessary
- Do not hang pacifiers/toys around neck
- Never leave baby alone in tub
- Avoid hazardous choking foods like popcorn, hot dogs, carrot sticks, whole grapes etc.

Stimulation/Activities

- Mirrors, pictures of faces, bright colors
- Rattles with handles, squeaky toys
- Chewy toys
- Crib gym
- Tell child what you are doing; name objects
- Provide protected large areas to explore
- Talk to, sing to, cuddle
- Infant massage
- Try to maintain routines

*Next Well Baby Visit at 6 months

*See CMA links page for more helpful health information: www.cmanva.com