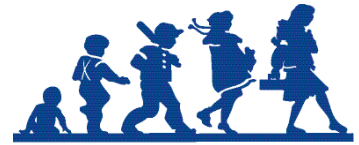


Your 4 – Month – Old Baby



— Goldsboro —
Pediatrics P. A.

Immunizations on your next visit:

- DTP-AC #2
- IPV #1
- Hib #2
- Prevnar

Call our office:

- If your baby has a fever over 104° rectally after the immunizations (At this age a fever is 101° or more rectally. Ear thermometers are not accurate until the baby is over 6 months of age.)
- If your baby has a persistent, high-pitched cry for more than 3 hours.
- If your baby is difficult to wake up, unusually inactive or pale, or you are concerned that he is not acting normal

Development

- Your 4 – month – old should be able to roll from back to stomach.
- He should be able to raise his head and chest when laying on his tummy.
- Your baby should be able to hold his head up and turn to look at things / objects in his side vision.
- Most 4 – month – old babies have discovered their hands and may look intently at them.
- Your 4 – month – old will laugh, coo, and smile when someone notices him.

Feeding

Breast-fed 4 – month- olds may still be satisfied with breast milk only. Parents at this time may introduce rice cereal mixed with breast milk or formula as their first solid food. Rice cereal or any other solid food should be given to your baby with a spoon. If your baby is formula fed, your baby needs at least 20 ounces of formula and no more than 32 ounces of formula a day.

- Apple or white grape juice mixed with water may be introduced at this time.
- Introduce one new item every 3 – 5 days to make sure your baby tolerates it well after rice cereal has been introduced.
- Some babies start to drool around 3 months of age. A few babies may have a tooth at birth and others as late as 12 months. The average age for the first lower teeth to appear is 6 – 7 months.

Sleeping

- Some 4 – month – olds may have a long sleep period (hopefully during the night) of 6 – 10 hours.
- A 4 – month – old may stay awake for 2 hours or longer without fussing. They may sleep 14 hours a day.
- At 4 months of age your baby should be out of the parents bedroom and in his own crib for naps and nighttime.

Safety Tips

- Always place your baby in a size appropriate car seat (installed properly), facing the rear. Use buckles on infants seat and make sure seat straps are properly adjusted.
- Do not use baby walkers. As your baby starts to cruise around, use gates in front of stairs.
- Make sure electrical cords and small objects are out of your baby's reach.
- Never leave your baby alone in or around water. Babies can drown in just a few inches of water.
- Do not leave your baby alone on high places. Put him in a crib or playpen when you can not hold him.
- Small objects that babies can put in their mouths can cause choking. Never leave small objects in your babies reach.
- Your baby is now able to grab things. Never eat, drink, or carry anything hot while you are holding your baby.
- Never shake your baby even in play.
- Make sure your baby's crib and playpen are away from dangling cords, such as mini blind cords.

Family Matters

- Having a new baby in the family may be difficult for new parents and older siblings.
- It is difficult to know what is best for you and your baby when choosing a daycare.
- Please call our office if we can help with these issues as well as others.



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Pediatrics P. A.

Goldsboro Pediatrics, P.A.
2706 Medical Office Place
Goldsboro, NC 27534
Phone: (919) 734-4736
Fax: (919) 580-1017

Princeton Pediatrics, P.A.
P.O. Box 1035
104 East Edwards Street
Princeton, NC 27569
Telephone: (919) 936-3164
Fax: (919) 936-3281

Pediatrics, P.A.
327 Hwy 55 West
Mount Olive, NC 28365
Telephone: (919) 658-9123
Fax: (919) 658-8055

La Grange Pediatrics, P.A.
114 East Railroad Street
La Grange, NC 28551
Telephone: (252) 566-5999
Fax: (252) 566-4430