

WELL CHILD VISIT



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DEVELOPMENT

Daily Activities:

- Reaches and grasps some objects
- Is active and playful
- Plays contentedly with fingers and hands
- Acknowledges bottle/breast gleefully
- May start flirting and laughing when laughing or socializing
- Just begins to realize objects exist even when out of sight

Motor Skills:

- Holds up head and chest when lying on tummy
- May roll from side to side
- Supports head when held in sitting position
- May shake rattle when placed in hand
- Head lag should be gone

Vision:

- Eyes have excellent focus with color vision
- Brightly colored toys stimulate smiles
- Fascinated with mirror image

Hearing:

- Turns head purposefully in response to human voice
- Smiles and coos when talked to

Four (4) Month

Congratulations on making it this far.

Your child will receive the Pediarix, Prevnar, Rotateq, and Hib vaccinations.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

Additionally, we routinely screen for anemia by checking a Hemoglobin level at this visit. Your child's Hgb is _____. We would like this number to be greater than 11.

FEEDING

- Your baby still needs only breast milk or infant formula to continue healthy growth. Most babies are taking approximately 4 ounces every 3 hours. Now is time to introduce solids:
 - Start with rice cereal twice a day using a spoon.
 - Next, introduce yellow and orange vegetables. We recommend offering one vegetable for several consecutive days to ensure there is no reaction prior to moving on to the next.
 - Add the green vegetables in the same fashion. These may be more difficult as their taste is less appealing.
 - Now come the fruits. At this stage, strive for variety.
 - Now comes the meats/proteins. No more than one new food every 3 days.
- We encourage three solid meals per day.
- Always hold your baby during feeding time. This will help your baby learn that you are there to meet his/her needs.



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NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later as they continue to grow and learn.

SCREENINGS: HOW ARE YOU?

- Edinburgh screening for mom.
- SWYC

SAFETY TIPS

- Never leave your child alone, except in a crib.
- Avoid choking hazards and suffocation.
- Place your baby in the bed on his/her **back ONLY**.
- Keep pillows, animals and extra blankets out of the crib. Keep the crib sides up.
- Never eat, drink, or carry anything hot while you are holding the baby
- Never allow smoke near your baby.
- Use an approved infant car safety seat. Follow instructions for proper installation. Parents should wear seat belts to set good example.
- Avoid sunscreens and bug spray until 6 months

SLEEP

Most babies are sleeping through the night by 4 months of age and will also nap 4 to 6 hours during the daytime. Remember to place your baby in bed on his/her back.

TEETHING

Your baby may begin teething. The first tooth typically erupts between 5 and 7 months. While getting teeth, your baby may drool like a madman and chew on almost anything. A teething ring or partially frozen washcloth may come in handy!

VACCINATIONS

Pediarix, Prevnar, Rotateq, and Hib

Please take a few minutes to read the vaccine information sheets. They cover many common questions regarding the immunizations your child will receive today.

One of the most common questions regarding vaccines is fever. There is a small risk of fever with immunizations. Accordingly, we recommend Tylenol.

Today's Tylenol infant drops dose for your child is _____ ml.

YOUR NEXT VISIT

You should return in two months. At that time, we will discuss introducing meats and your child will receive the same immunizations. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Keep up the good work!