

WELL CHILD VISIT



7714 Conner Rd Ste 101
Powell, TN

865-212-6350

info@blackmonpediatrics.com
BlackmonPediatrics.com

Four (4) Month

Congratulations on making it this far.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

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

Hearing

Turns head purposefully in response to human voice

Smiles and coos when talked to

Vision

Eyes have excellent focus with color vision

Brightly colored toys stimulate smiles

Fascinated with mirror image

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 breast milk or infant formula to continue healthy growth. Most babies are taking approximately four ounces every three hours. Now is the 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

We encourage three solid meals per day. Please avoid meats until six months. We'll cover them later.

Always hold your baby during feeding time. This will help your baby learn that you are there to meet his/her needs.

Your child will receive the
Pediarix, Prevnar and Hib vaccination.



7714 Conner Rd Ste 101
Powell, TN

865-212-6350

info@blackmonpediatrics.com
BlackmonPediatrics.com

ADDITIONAL INSTRUCTIONS:

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 six 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 & 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!

VACCINES

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 the immunizations. Accordingly, we recommend tylenol.

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

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 age 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.

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!

V	S	B	F