



4 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Breastmilk or formula are all your baby needs until around 6 months of age. Do not prop any bottle if used. Vitamin D for breastfed babies. When starting solids, give one new food at a time for 3-5 days. Avoid honey until age 1 and chunks of food until 8-9 months. Discuss timing for exposure to pureed nut protein, eggs, and fish with your provider.

Development: Smiles, giggles, babbles, starts to roll, and puts anything in their mouth. Read, sing and talk together.

Safety: Keep the car seat rear-facing until 2 years of age. Never leave your baby unattended on a changing table or with siblings. Put baby to sleep on their back; keep soft objects, loose blankets and bumper pads out of the crib. Avoid exposure to smoke. Set your hot water heater to less than 120 degrees. Keep your home clear of choking hazards.

Dental Health: Average age for teeth to erupt is 6 months, but even now your baby may have sore gums and be fussy, drool constantly, and want to chew on objects that soothe them.

Feelings: Call for help if you feel sad for multiple days, are having difficulty coping, or don't have opportunity to take care of yourself.

Immunizations: DTaP, Hib, IPV, PCV (prevnar), and rotavirus. Second Hepatitis B dose if not already given. Your baby may be fussier or sleepier than usual, or have a mild fever.

| Medication Dosing: | 6-12 lb | 12-18 lb | 18-24 lb |
|--------------------------------|-----------------|----------------|-----------------|
| Acetaminophen (160mg/5mL) | 1.25 mL (¼ tsp) | 2.5 mL (½ tsp) | 3.75 mL (¾ tsp) |
| Infant Ibuprofen (50mg/1.25mL) | Not | recommended | until 6 months |

Next visit: 6 months old