

4 Month Visit

Feeding

- ★ Breast milk or iron-fortified formula remains the best food at this age.
- ★ If formula feeding, expect baby to eat about 30 to 32 oz daily.
- ★ Babies this age go through growth spurts and may want to eat more than usual.

Supplements

- ★ All babies need Vitamin D supplement (400 IU) per day unless they receive 32 ounces or more of formula.
- ★ If exclusively breastfeeding, your baby will need to start an iron supplement (ask us for our recommendations).
- ★ No other medications or supplements should be given without discussion with your PCP.

Play

- ★ Create routines for feeding, nap time, and bedtime.
- ★ Encourage active play.
 - By 4 months, your baby should be able to focus on smaller objects and tell the difference between colors, especially red & green.
 - Offer floor gyms and colorful toys to hold.
 - Put your baby on their tummy for playtime. Don't leave them alone during tummy time or allow them to sleep on their tummy.
 - During 4-5 months old, your baby is developing stronger neck muscles to hold up their head during tummy time – you can extend their arms in front of them to help them then work on using their arms to lift their chest. This will help them learn to roll over soon!

Teething

- ★ Usually starts between 4-7 months.
- ★ If your baby's gums are sore from teething, you can use a cold teething ring or gently massage the gums.
 - Avoid using pain-relieving gels or creams on the gums.
- ★ Don't put your baby in a crib with a bottle.
- ★ Clean your baby's gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush and a small smear of toothpaste (no more than a grain of rice).

Safety, Sleep

- ★ Always put your baby to sleep on their back in their own crib, not in your bed.
- ★ Don't put soft objects and loose bedding such as blankets, pillows, bumper pads, and toys in the crib.
- ★ Lower the crib mattress.
- ★ Stop swaddling as soon as your baby starts to show signs of rolling.
- ★ Avoid using a baby walker.

What vaccines will be due at the 6 month visit?

- ★ Rotateq (Rotavirus vaccine - oral)
- ★ Vaxelis (DTaP, Hib, Polio, and Hep B combination vaccine - intramuscular injection)

- ★ PCV13 (Pneumococcal vaccine - intramuscular injection)
- ★ *Can get the flu shot if baby turns 6 months old during flu season
 - Will need booster dose 28 days after the first dose
- ★ *Can get the COVID-19 vaccine after turning 6 months
 - Will need booster dose 28 days after the first dose

Helpful Resources:

- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org/>