



## Watching you grow!

Name: \_\_\_\_\_

Date: \_\_\_\_\_ BMI: \_\_\_\_\_

Height: \_\_\_\_\_ % \_\_\_\_\_

Weight: \_\_\_\_\_ % \_\_\_\_\_

Head circumference: \_\_\_\_\_ % \_\_\_\_\_

## Well-child exam: 4 months

### Nutrition

- Your baby should continue to breastfeed or use iron-fortified formula for the first year of life.
- 4-5 feedings per day is typical.
- Bottle-fed babies may take up to 32 oz. per day.
- Continue Vitamin D supplementation of 400 IU daily if your baby is exclusively breastfeeding.
- To prevent infant botulism, **do not** give honey to children under 1 year of age.

### Solid foods:

Most babies who can hold their head up and sit up with support are ready to eat solid foods at 4 to 6 months of age; however, **we encourage parents to wait until 6 months**. Try starting solid foods with your baby during family meals. If your baby is distracted, pick a quiet time to feed your baby. As your child gets older, he will want to eat with the family.

By tradition, single-grain infant cereals, such as rice cereal, usually are introduced first. If tolerated, you may gradually introduce oatmeal and mixed grain, too. If there are no adverse reactions, such as diarrhea, rash or vomiting, continue to offer new foods one at a time, waiting 2-3 days before starting another. Solid foods can be introduced in any order. Traditionally, parents choose to give vegetables, fruits, and then meats, but that decision can be made between you and your baby. If a reaction occurs, stop using the new food and consult your child's provider.

Within a few months of starting solid foods, your baby's daily diet should include meats, cereal, breads, vegetables, fruits and eggs, in addition to breast milk or formula.

**Note:** According to the American Academy of Pediatrics, delaying the introduction of foods, such as eggs, fish or peanut butter, to children to prevent allergies is not necessary. If you have food allergy concerns, talk with your provider prior to starting your baby on solid foods.

### Wetting and stooling

- Babies will continue to have 6-8 wet diapers per day.
- Stooling patterns may change with the introduction of solid foods.
- Stooling should be comfortable for your baby. If your baby is having infrequent, hard stools, call the clinic for evaluation.

### Sleep patterns

- Continue to put your baby to sleep on his back in his own crib.
- If your baby starts rolling over, there is no need to reposition him on his back.
- Up to 16 hours of sleep per day is normal. Many infants start sleeping through the night and will take three naps per day.
- Some babies only take short naps during the day.
- Start to put your baby to bed awake so he learns to console himself.
- Help your baby learn self-consoling techniques.
- Consistent, pleasant and predictable bedtime routines help promote good sleep patterns that should last a lifetime.

### Family relationships

- Take some time for yourself, your partner, family and friends.
- Notify your doctor if you have feelings of excessive sadness, hopelessness or helplessness. You may have post-partum depression and may benefit from a mental health referral.
- Discuss family planning with your partner.
- Spend time with siblings individually.

*CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.*

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.*

**CENTRA CARE Clinic**  
Women & Children

## Growth and development

- Babies at this age generally are content with all caring adults.
- Colic typically has resolved.
- Your baby will have increased laughing and vocalization.
- Nurture your baby by holding, cuddling, rocking, talking and singing.
- Start reading to your baby daily.
- Play music for your baby.
- Talk to your baby during dressing, bathing, feeding, playing, walking and driving.
- Stimulate your baby with age-appropriate toys.
- Television/video screen time is **not** recommended for children under 2 years of age.

You will notice that your baby may:

- Turn his head to the sound of your voice;
- Smile at himself in a mirror;
- Roll from stomach to back;
- Reach for objects and put them in his mouth;
- Follow moving objects with his eyes;
- Babble back when talked to;
- Stand with support;
- Carefully study objects placed in his hands;
- Hold up his chest when lying on his tummy;
- Enjoy using his legs in kicking motions; and
- Enjoy simple games (peek-a-boo, pat-a-cake).

## Safety

Infants need extremely close, almost constant, supervision. Your baby relies on you for protection and to meet his safety needs. Follow these steps to help to ensure a safe environment for your baby.

- **Do not** put your baby to bed with a bottle propped in his mouth. This can cause ear infections, choking and future tooth decay.
- Get down on the floor and check for hazards at his eye level.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your baby's sight and reach.
- Use a safety gate to block stairways.
- **Do not** use an infant walker. Falls are common and serious injuries can occur.
- **Never** let your baby chew or suck on rubber balloons or gloves. **Do not** leave plastic bags within his reach.
- Smoke and carbon monoxide detectors in the home should be in working order.
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- **Do not** leave your baby unattended on a bed, table, couch or in the bath. **Never** leave your baby alone with a young child or pets.
- Lower crib mattress so he won't climb or fall out, and always keep crib rails in the highest position.

## Pediatrician-approved Web sites:

www.aap.org  
www.cdc.gov  
www.centracare.com  
www.chop.edu  
www.ecbt.org  
www.kidshealth.org  
www.mdh.org  
www.parenting.umn.edu



## Community resources:

### Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit [www.buckleupkids.mn.org](http://www.buckleupkids.mn.org) for more information.

### Early Childhood Family Education

For classes about raising young children, contact your local school district.

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

### Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.

- Keep buttons, coins, magnets, batteries and other small objects out of reach.
- Use safety locks on cabinets and drawers.
- Cover electric outlets with protective covers.
- Sunscreen is not recommended for babies less than 6 months old. Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella or a stroller canopy.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Use a rear-facing car seat in the back seat until your baby is 20 pounds **and** 2 years old. (AAP guidelines 4/09.) Consult your car seat manual for weight and height limits. Most infant car seats have a 20-pound limit. When your baby weighs 20 pounds, switch to a rear-facing, convertible seat that holds up to 30-35 pounds.
- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, until you are calm. Call the clinic or 911 if you feel you may hurt your baby.