



Pediatric and Adolescent Medicine
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HEALTH MAINTENANCE INFORMATION SHEET – AGE 4 MONTHS

| Date | Age | Wt | Ht | Head Size | Next Appt. |
|------|-----|----|----|-----------|------------|
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Acetaminophen Dosing: Children’s Suspension (160 mg/5 mL) _____

NUTRITION

- Breast: On demand every 3-4 hour feedings. Juice is unnecessary.
- Formula: Iron in formula becomes more critical. There is no reason for infant to consume more than 32-36 oz.
- Solids: Your baby will probably be ready for solids between 4-6 months. Usually, iron-fortified cereal (Single grain oatmeal), which is low in calories and hypoallergenic is a good place to start. Signs of "readiness" are: weight over 16 pounds, night-time waking in an infant who was previously sleeping through the night, nursing more frequently or consumption of more than 8 oz formula per feeding.
- All Breastfed babies need iron and vitamin D supplementation (Tri-vi-sol with Iron or My Kidz Iron)

GROWTH & DEVELOPMENT

- Holds head high and steadily in both prone and upright position.
- Raises body off mat and may roll over from tummy to back.
- Hands remain open; plays with hands and may grasp objects or place hands in mouth.
- Follows objects across room.
- Smiles, coos, babbles and laughs. Some babies blow raspberries.
- Initiates social contact with smile or noise.

IMMUNIZATIONS & PROCEDURES

- Pentacel #2, Prevnar#2 and RotaRix #2.
- Report high fever (temperature over 104), limpness, seizures or inconsolable crying. Expected reactions are low-grade fever and soreness around the injection site.
- You may treat fever or fussiness with acetaminophen every 4-6 hours as needed.

ACCIDENTS & SAFETY

- Rear facing CAR SEATS must be used at all times!
- Keep crib free of toys and pillows (risk of suffocation). REMEMBER: Back to sleep, empty crib and no co-bedding.
- Don't leave infant unattended on an elevated surface, or alone in the bath.
- With infant's increased ability to grasp and place objects in mouth, keep small objects (food, safety pins, clips), baby powder, etc. out of infant's reach.
- Don't use baby walkers (they are dangerous and may actually inhibit motor development).
- Shake powder into your hand and then pat onto baby (as inhaling powder is dangerous).
- Guns and children don't mix. Store ammunition separate from guns. Have a trigger lock on ALL guns.

MISCELLANEOUS

- Infants have increasingly predictable nap and sleep pattern; most infants will sleep 6-8 hours at night.
- More drooling occurs even in absence of true teething; teeth usually erupt between 5-7 months of age or later.
- Many infants will begin to suck thumb. There may be a need for non-nutritive sucking (i.e. pacifier)
- Upper respiratory infections (URI's or colds) occur commonly with advancing age. Be on the lookout for cough, congestion, fever, irritability, and/or poor feeding as signs of infection. Older siblings, daycare, smoking and bottle-feeding are risk factors for URI's and ear infections. WASH hands frequently to prevent the spread of infection.
- Toys should be too large to swallow, too tough to break, and without sharp edges or small parts.
- Infants thrive on consistency.

RESOURCES

- "Mommy and Me" programs
- Parents' groups
- Washington Parent's Connection 5606 Knollwood Rd. Bethesda, MD 301-320-2321
- Refer to Blue Folder