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Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % Head \_\_\_\_\_ %

**FOUR-MONTH VISIT**

Promote safety: crib mattress lowered, always raise crib rails; sturdy toys with no small parts.

Nighttime sleep should increase to 8-10 hours; avoid reintroducing nighttime feedings.

Feeding: solids do not need to be given to most babies until after 6 months of age; if you feel the need to start foods:

Start with iron-fortified rice cereal mixed with formula or breast milk to make a thin paste.

Feed with a spoon, starting with a couple of teaspoons and gradually increasing to 2 tablespoons.

After baby is taking rice cereal well, start other cereals, leaving wheat till last.

At 6-7 months start vegetables, then fruits, followed by meats around 9 months.

Use only single-ingredient foods.

Wait for 3-4 days between introducing new foods; watch for signs of allergy-irritability, vomiting, diarrhea, and rash are most common.

Do not add sugar or salt to foods.

Avoid feeding from a jar.

The first teeth, the lower incisors, usually come in between 3 & 12 months; this can cause increased drooling and some pain. Massage gums with your finger or let your baby chew on a cool, hard or purified water-filled teething ring.

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

DTaP Hib Polio Prevnar Hep B

**NEXT WELL CHILD VISIT:**

At 6 months of age: 3<sup>rd</sup> DTaP, Polio, and Prevnar will be given.