

# ***PSBH North***

## **Four Month Exam**

### **Development**

- Provide lots of opportunity for physical activity that builds strength of abdominal muscles and upper body. Emphasize tummy time. Place objects just out of reach to promote stretching and rolling.
- Look for opportunities for your baby to sit upright more often in an effort to limit the amount of time spent resting the back of the head against a solid surface.
- As your baby's head and neck control improves and she starts to bear weight on her feet, you can begin to place her in the Exersaucer for brief periods of time. No walkers. No Johnny-Jump-ups.
- Visual tracking and discrimination is improving. Baby Einstein (Baby Mozart and Bach) videos may interest your child at this stage.
- Sensory toys with different textures, sounds, colors and patterns are important
- Social skills are developing. Your baby will smile responsively, coo, laugh and enjoy face-to-face contact. They will begin to notice their surroundings more and will start to reach for objects and grasp them.
- Talk to your baby...they are laying the foundation for language development by listening to the different sounds of your voice and beginning to imitate you.
- Read aloud on a daily basis. Board books are great. Allow your child to look at the pages with you.
- Establish good sleep routines. Most babies can sleep through the night at this age if the proper routines are established. Do not rock to sleep or allow your baby to fall asleep with bottle. Minimize interventions for nighttime waking. Continue "Back to Sleep" positioning.

### **Feeding**

- Most babies take 24-32 oz. of formula or breast milk/day at this age
- Solids may be introduced between 4-6 months. Start with rice cereal or oatmeal mixed with breast milk or formula and offered on a spoon. Once per day is fine in the beginning when introducing feedings. Later, once your baby is used to taking solid foods, he may look forward to meal times and want to eat 2-3 times per day. Vegetables and fruits may be introduced one new food at a time over the next two months, leaving 7 days between the introduction of each new food. Serious food allergies to first baby foods are rare. More often parents will discover preferences or aversions for specific flavors or textures.

### **Safety**

- The number for poison control is 1-800-222-1222.
- Be aware of water safety – never leave your child unattended in bath or near water.
- Do not leave unattended on bed or anywhere else baby could fall.
- Baby should be in a rear facing car seat until two years old. If your baby is bigger than average, he may need to move from an infant carrier style seat to the convertible seat facing the rear.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.
- Watch baby closely near pets... increased time on the floor and heightened interest in each other's toys increases the risk of injury.
- We recommend sunscreen and insect repellent when appropriate.

### **Immunizations**

Please review the vaccine information provided at the visit and contact our office with any concerns.  
*Next visit is at 6 months.*