



## 4 Month Well Child Check

### Expected Developmental Milestones

- Spontaneous smiling, especially at people
- Imitating sounds, starts to babble
- Reaching for toy with one hand
- Tracking objects with eyes from side to side
- Recognizes familiar faces
- Holds head steady, unsupported
- Pushes down with legs when feet are on a hard surface
- Brings hands to mouth
- Pushes up to elbows when lying on stomach

### Feeding

- Feeding only breast milk or iron-fortified formula for the first 6 months – avoid solid foods, juice or water until then
- Do not prop the bottle during feedings
- Do not give your baby a bottle in bed

### Sleep

- Continue to place baby on their back to sleep
- Expect baby to sleep 12-15 hours/day total
- No loose bedding such as pillows or toys
- It may also be time to lower the crib mattress

### Teeth

- For teething: offer cool teething ring or cool wet washcloth for soothing. Avoid use of oral numbing gels or teething tablets
- Clean gums and teeth twice daily with soft cloth or toothbrush

### Infants' Tylenol Dose (every 4 hours as needed)

<i>Weight</i>	<i>Give:</i>
6-11 lbs	1.25 mL (¼ tsp)
12-17 lbs	2.5 mL (½ tsp)

### Play

- Encourage active play: mirrors, floor gyms, colorful toys to hold
- Continue daily tummy time
- Promote quiet play: hold and talk to your baby; read to them daily
- Do not use a baby walker

### Safety

- Wash your hands often to help your baby stay healthy
- Rear-facing car seat in the back seat
- Keep a hand on your baby when dressing or changing him. Never leave your baby on a surface unattended.
- Set the water heater so that the faucet temp is at or below 120°F
- Never leave your baby alone near water

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
<ul style="list-style-type: none"> <li>- Pentacel #2 (DTaP, Hib, Polio)</li> <li>- Prevnar #2</li> <li>- Rotavirus #2</li> </ul>	<ul style="list-style-type: none"> <li>- Pentacel #2 (DTaP, Hib, Polio)</li> <li>- Rotavirus #2 (optional)</li> <li>- Follow-up in 1 month for Prevnar #2 vaccine</li> </ul>

- For more info: <https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 6 months old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)
- Poison Help: 1-800-222-1222
- Birth to Five Helpline: 1-877-705-KIDS (5437)