



## WHAT HAPPENS AT THE 4 MONTH VISIT?



## MY NOTES AND QUESTIONS

### Exam

- Record length, weight, and head circumference
- Check soft spots, skin, heart and lungs, eyes, ears, mouth, nose, hands, feet, leg and hip movement, muscle tone and strength, abdomen for liver or kidney enlargement or umbilical hernia, and skull for asymmetrical growth
- Assess general development (strength, mobility, responsiveness)

### Milestones

- Holds head high
- Raises body on hands when prone
- Rolls over front to back
- Grasps rattle
- Reaches for objects
- Follows parents with eyes
- Laughs and squeals
- Interacts socially

### Immunizations

- Pentacel (DTaP, Hib, Polio)
- Prevnar 13
- Rotateq (Rotavirus)



GREEN TREE PEDIATRICS

## MY 4 MONTH VISIT

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(child's name)

Has an Appointment on

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(date)



## FOCUS ON NUTRITION

### Should I be Supplementing?

**WATER:** Your baby will get all the water s/he needs from breastmilk or formula

**VITAMINS:** The American Academy of Pediatrics recommends a daily vitamin for all breast-fed children containing 400 International Units of Vitamin D

**IRON:** Bottle-fed babies should be given an iron-fortified formula

**FRUIT JUICE:** Babies do not need juice

**FLUORIDE:** Your baby does not need fluoride supplementation during the first 6 months of life.



## STIMULATING HEALTHY DEVELOPMENT

- Establish a consistent bedtime routine and adequate rest
- Alternate the position of your baby, the crib, and interesting objects
- Introduce one toy at a time (i.e. a rattle, rubber ring, soft doll, board book with pictures)
- Place your baby in different positions (on back, stomach, and sitting with support)
- Talk and babble back to your baby as if you both understand



## SAFETY CHECK



- Review the “Safety Check” advice from the 2-Month Visit Pamphlet or Bright Futures
- Check your house for lead paint and reduce the risk of lead hazards
- Develop emergency plans for fires and storms
- Learn basic first aid and infant CPR.
- Guns should be unloaded and locked away.
- “Baby-proof” your home (safety covers for outlets, safety locks for cabinets, and removal of choking hazards, medications, and chemicals)
- Do not use baby walkers.
- Wash hands and toys often.
- Know signs of illness (fever > 100.5°, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration)