



Well care education- 4-month-old

- **DEVELOPMENT:**
 - Your baby should be regarding his/her own hands, holding his/her hands together at midline, laughing/squealing, propping up on elbows during tummy time, improving head control, and holding his/her head up at 90 degrees. Please continue tummy time at least 4 times per day preferably for 15 minutes each time (minimum 5 minutes each time) for at least a total of 1 hour per day.

- **EMERGENCIES:**
 - Please call us if your baby is experiencing breathing difficulty, projectile or green vomit, white/black/red stools, is very lethargic/fussy or is having less than 4 wet diapers per day.
 - A word on fever: Fever is defined as temperature of **100.4F** or higher taken rectally. Fever by itself is NOT dangerous. However, if your child is lethargic, irritable, or does not respond well to a single dose of Tylenol, please call. Also, if your child has a fever >5 days, please call us.

- **ORAL CARE:**
 - The average baby gets his/her first tooth between 4-6 months old. If your baby already has teeth, please brush the teeth using a soft bristled toothbrush with non-fluorinated toothpaste at least twice a day and after last feed.

- **VACCINES:**
 - Today your child will receive his/her second set of vaccines. The most common reaction is a low-grade fever typically up to 101F within 48 hours of the vaccines. Your child will also likely sleep more than usual today, act fussy, and may have some swelling at the injection sites. Please read the additional handouts for more information about vaccines and vaccine safety, as well as **TYLENOL dosing** (which is also available on our website). Tylenol is the only appropriate fever medication for this age.

- **SLEEP**
 - Please continue to place your baby to sleep on his/her back. Your baby should be sleeping about 12-15 hours per day with 10 of those hours occurring as nighttime sleep. He/she may still be waking up 1-2 times per night. You may start sleep training now or wait until your baby is 6 months old. Please refrain from swaddling your baby from this age forward.

- **SKIN CARE:**
 - Your baby is too young to wear sunscreen. Please keep him/her shaded when outdoors.
 - Your baby can go to the pool and the beach for short amounts of time but make sure to go when it's not too hot and sunny outside. Make sure your baby is under an umbrella, wears a hat, long sleeve rash guards.

- **CAR RESTRAINTS:**
 - Your baby's car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs, however, may remain rear facing as long as tolerated/is within car seat parameters.
 - **NEVER leave a child in the car alone. One way to ensure you do not forget your child is to always place your purse or phone in the backseat next to his/her car seat.**

- **SAFETY:**
 - The risk of falls from a high surface is real. Please always keep your hand on your baby when he/she is on a high surface. Avoid putting your child to sleep anywhere other than a crib, bassinet, or playpen. Please do not aggressively shake your baby, even if it seems to calm him/her down, as this can cause severe and permanent brain damage.

- **NUTRITION:**
 - If your pediatrician says your child is ready, you may introduce stage 1 baby food (may start with 2 oz once or twice a day). Be sure to leave 3 to 5 days in between new foods. **Please avoid giving your child honey until 1 year of age. Signs/symptoms of anaphylaxis (after giving food): lip/eye swelling (even if mild), sudden persistent cough, sudden persistent vomiting, noisy breathing, shortness of breath, and/or hives.**
 - Fibrous food such as peaches, prunes, and beans can help with constipation that may occur due to change in diet. Water is not recommended until 6 months old.
 - If there are no major food allergies in the family and your child doesn't have severe eczema, you may introduce allergenic foods by 6-9 months: Peanuts (peanut butter, peanut puffs), eggs, and dairy (yogurts, cheeses). The earlier your child is introduced to allergenic foods, the LESS LIKELY they are to develop a food allergy.

- **USEFUL WEBSITES:**
 - Healthychildren.org
 - www.Chop.edu/primary-care/well-child-visits-what-expect
 - <https://www.chop.edu/conditions-diseases/fever-children>
 - <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>