

Kids First Pediatrics on 30

4 Months

What should my baby eat? (See also feeding chart)

- Continue to breastfeed, or bottle-feed with iron-fortified formula. Milk is the major source of baby's nutrition.
- Introduce solid foods between 4 and 6 months of age (I prefer 6 months). Give single-grain cereal such as rice, add pureed foods each week, beginning with vegetables and meat.

What should I expect from my baby?

- Babbles, coos, smiles, laughs & squeals
- When on tummy can hold up head & raise body on hands -Roll from tummy to back
- Reach for objects -Recognize your voice -Able to comfort him/herself (fall asleep w/o breast or bottle)

What else can I do to keep my baby happy?

- Nurture baby by holding, cuddling, and rocking him/her
- Encourage vocalizations by talking to baby while dressing, bathing, feeding, playing, walking, and driving
- Read to your baby, play music, and play social games like "peek-a-boo", and "so-big"
- Establish a bedtime routine to discourage night awakenings, and also encourage baby to console him/herself by putting to bed awake for naps and at night

When should my baby sleep?

- Your baby may start to sleep through the night and take up to three naps per day
- 16 hours of sleep per day is *normal* -Make sure to put on back to sleep!

How can I help keep my baby safe and healthy?

- Continue to use a secured, rear-facing car seat
- Never leave baby alone with a young sibling or pet
- Do not leave baby alone on a high surface
- Continue to keep baby's environment smoke-free
- Keep small toys, small objects, and sharp objects out of reach
- Protect from sun over-exposure, use sunhats/bonnets
- Clean gums with baby brush or clean wet cloth & baby toothpaste
- Always call the office with any questions or concerns 219-322-8534

By 6 months, what should my baby be able to do?

- Vocalize single consonants like "dada, baba", babble, laugh, and squeal, & imitate sounds
- Grasp and mouth objects, transfer objects from hand to hand, take an interest with toys
- Sit with support, stand when placed, hold head steady when sitting
- Start to self-feed, and self comforts
- Chew on everything

When is my baby's next checkup?

- The next checkup will be when baby is 6 months old. At this appointment your baby will receive the Pediarix (DTAP, IPV, Hep B), Rotavirus, Hib & Prevnar vaccines. If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it. **Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.**