

Partners in Pediatrics



Naturally Healthy Kids Since 1977

WELL-CHILD CARE

AGE: 4 MONTHS

GROWTH:

Weight: lb. oz. (%)
Height: inches (%)
Head Circumference: inches (%)

IMMUNIZATIONS:

- Acellular DPT
- Hemophilus B (HIB)
- Pentacel (DTaP, HIB, IPV)
- Vaxelis (DTaP, HIB, IPV, HepB)
- Pneumococcal
- Hepatitis B
- IPV (Injectable Polio)
- Rotateq
- Meningitis vaccine for high risk groups

Development:

SCREENINGS:

GENERAL PARENTING ISSUES:

1. NUTRITION

We and the Academy of Pediatrics prefer to introduce solids at 4-6 months of age. Introduction at this time has been shown to lead to fewer allergies than waiting until the child is older.

- A.** Continue feeding formula/breastmilk.
- B.** Some babies seem unsettled in the afternoon, satisfied only by more frequent feedings. Solids may be of benefit in this situation. However, contrary to popular belief, solid foods rarely (if ever) help an infant sleep through the night.
- C.** When you feel your baby is ready for pureed solid foods, here is your guide to introducing them:

4-6 MONTHS Food

- cereals (oatmeal, rice, barley)
- proteins
- vegetables (carrots, squash, all potatoes, cauliflower, green beans, peas)
- eggs
- fruits
- nut butters
- yogurt (preferably plain, full-fat, **AVOID** raw, uncooked honey and sugar) - may mix with fruit or vegetables listed above.

Exceptions (due to safety risk)

- No **RAW** honey
- **AVOID** choke-inducing foods.
- If an immediate family member has a **specific food allergy**, talk with us about safe introduction of this food.

D. How to Begin

Introduce only **one new food at a time** for a trial of three days. Observe your child for any adverse reactions: vomiting, diarrhea, generalized rash, excessive fussiness, or gas. While previously introduced foods may be continued during this trial, only one new food should be tried during the three-day period.

E. How to Combine

After 3-4 weeks, when you have introduced a sizeable list of tolerated foods, attention to **combinations** should be given. Each meal should contain a food high in **protein** (such as cereal or yogurt) and a food rich in **carbohydrates, minerals, and vitamins** (such as fruits and vegetables).

- F.** If you are breastfeeding your infant continue the vitamin D drops daily.

3. SLEEP

By now, some babies are beginning to sleep through the night. A simple definition of sleeping through the night is an uninterrupted eight-hour stretch of sleep, with the child not awake **before 5 a.m.** Laying infants down partially or completely awake, instead of feeding them to sleep, will help them learn how to fall asleep on their own. This may improve their ability to stay asleep all

night. Listen to our sleep classes on the PIP website for valuable tips.

4. STOOLS

If solid foods are introduced, stools may become more firm, less frequent, and have a stronger odor. Please call if you note blood in stool.

5. BOTTLE BEHAVIOR

At this early age some babies may be capable of holding their own bottle. We strongly discourage the use of the bottle in bed as a method of extending periods of sleep or for sleep **induction**. We also discourage **bottle-propping** in bed. These practices increase the risk of ear infections and choking. The use of infant feeders for solid food should be avoided.

6. NEED JUICE? - NO!

We do **NOT** recommend that **ANY** juice be given to your infant. Your baby will gain far more nutritional benefits from consuming water and eating pureed fruit than they will by drinking juice. There is now clear evidence that juice consumption in infants can lead to chronic diarrhea, early cavity formation and obesity. Consumption of unpasteurized juices can lead to serious illness from bacteria. **SO**, you may certainly offer your baby **WATER** each day (consider introducing in a sipper cup) but steer away from juice – for your baby’s good health!

DEVELOPMENT/STIMULATION:

Children are now becoming mobile, learning to roll over and they may maintain a placed seated position without support for a few minutes. They are able to hold a rattle, transfer it from hand to hand, and reach to pick up objects. Objects to hold should be big enough that they are able to grasp them. Any toy they can shake or bang is very exciting. They should also be able to pick up lightweight toys, or those that can cause a squeak by pushing on the toy. They



enjoy reaching for a jungle gym with hands and feet, actually grasping objects on the gym with their hands.

An object that gives a sound back to them as they move it increases awareness of and the desire to repeat the activity. Sounds and movement of objects also interest them. Singing rhythmic songs or nursery rhymes becomes very meaningful. They continue to like watching objects moving in all planes — horizontal, vertical, and circular.

HOMEWORK ASSIGNMENT:

1. Please read about teething in the *The Healthy Child/Naturally Healthy Kids*.

COMING SOON:

1. The next visit is at 6 months.
2. A more extensive discussion of the introduction of **solid foods**.
3. Recommended vaccines – first Influenza vaccine (if fall/winter season) & COVID.

Partners In Pediatrics

www.partnersinpediatrics.com

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Ask your pharmacist for child
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