

# 4 WEEK CHECK-UP

## PLAYTIME!

**Your baby is more active and playful now.**

### NUTRITION

Your baby still only needs only breast milk or formula every 4 to 5 hours. At this age, most babies will take 6 to 7 ounces of formula.

Hold the baby to feed the bottle. Do not prop the bottle with a pillow.

Breastfeeding is still on demand, whenever the baby wants. Try to pump and let Dad or any significant other feed the baby so you can rest and, they get an opportunity to bond with the baby.

Do not start cereal or baby foods yet if your baby is only breastfed. The American Academy of Pediatrics advises starting solids at 6 months to decrease chances of food allergies. It does not fill the baby and make them sleep through the night.

If your baby is formula fed and is taking more than 6 ounces per feed, it might be a good time to start cereal.

Your baby will still need breast milk or formula until he is a year of age.

Start with rice cereal mixed with formula. Start with a thin mixture and thicken it gradually. Feed only with a spoon. **DO NOT** add cereal in the bottle. It can increase chances of ear infections. Try any new food no more often than every week to check for any allergies like hives, diarrhea, or blood in stools.

Pureed vegetables and fruits can be started around 5 months of age.

Homemade is just as good as store bought. Gerber Stage 1 is appropriate for her age.

Everything must be well cooked and pureed. Do not add salt or sugar.

Do not start juices yet. Juices can be started around 6 months of age.

Do not give whole milk, eggs or honey until 1 year of age.

### DEVELOPMENT

By this age:

- your baby will start rolling over from his stomach to back.
- do push-ups when on his tummy.
- Reach or grasp rattles and toys
- Smiles, laughs and coos when talked to



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# 4 WEEK CHECK-UP

*Paste your child's picture here*

## PLAYTIME!

- Puts everything in his mouth
- Use gentle, soothing tones to calm your baby. Babies at this age enjoy toys that make noise when shaken. Read books with colorful pictures and talk to your baby.

Turn your water heater down to 120°F (50°C), to prevent burns.

## IMMUNIZATION

Your baby will receive the following shots at this visit:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (hemophilus influenza type B) shot
- IPV (inactivated polio) shot
- PCV (pneumococcal ) shot
- Rota (oral rotavirus) vaccine

Vaccines can be combined depending on what is most appropriate for your baby.

He can get a fever with the shots and it is okay to give acetaminophen drops. There can be some redness or swelling at the site of the shots and a cool compress and help relieve the pain.

Call back for any other unusual side effects.

We will see you and your baby back at the 6 month check up. Do not forget to bring your shot records to get it updated.

**Thank you for letting us be a part of your child's life!**

## SLEEP

Most babies are sleeping through the night by this time.

If that's not the case, don't worry. Having consistent bedtime routines will enable a good night's sleep very soon. Some babies might still need a midnight bottle or feed.

## SAFETY

Always use a car seat while travelling in a car. The safest place for the baby is the back middle seat. The car seat should be rear facing until the baby is 1 year of age or 20 pounds in weight.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Use caution while holding your baby and drinking hot liquids.

NEVER shake a baby.

DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections and increases chances of ear infections and SIDS (Sudden Infant Death Syndrome).



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*"Children are love made visible" – A Saying*