

# Princeton Nassau Pediatrics, P. A.

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## 4 Month Well Visit

### *What your baby may be doing now:*

- Roll over
- Laugh, smile, squeal, and babble
- Grasp toys
- Sleep for 6 hours at night
- May start drooling more and putting things in her mouth. Your baby may also start teething- once she has teeth, clean them with a soft washcloth daily.

### *Feeding:*

- Breastfeed “on demand”- let your baby decide when and how long to nurse- he or she may become more efficient, and take less time to feed now.
- Start introducing [solid foods](#) at 4-6 months of age. Start with cereal in a spoon, and slowly move on to fruits and vegetables. Formula or breast milk intake will probably stay about the same even after you add solids to the diet.
- Do not give baby honey in the first year of life

### *Sleep*

- Place baby to sleep on his back (not on side or stomach), on a firm sleep surface. Give him lots of “tummy time” while awake- this helps strengthen his neck and arms.
- Try to put your baby down to sleep while she is drowsy, but still awake. Some babies cry before falling asleep, and 15-20 minutes of fussing is okay.
- Try to make nighttime feedings brief and boring- lights off, no playtime!
- Do not wake your baby to feed at night unless directed by your pediatrician.

### *Safety*

- Use a rear-facing car seat for every ride
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns

- Prevent falls- do not leave baby unattended on a bed, sofa or changing table
- Do not use a walker- they can tip over and cause injury
- Protect baby from direct sun exposure
- Prevent choking- keep small objects and toys out of baby’s reach.

### *When to call the office:*

- If your baby is vomiting, feeding poorly, has trouble breathing, has a rectal temperature over 101°F for longer than a day, or if you have other concerns.
- For routine questions, call us, or check out the Pediatric Advisor section on our website

### *Vaccines at this visit:*

- [DTaP](#)
- [Polio](#)
- [Hib](#)
- [Prevnar](#)
- [Rotavirus](#)
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days.

Baby’s Weight	Tylenol dose
6 to 11 lbs	0.4 ml (40 mg)
12 to 17 lbs	0.8 ml (80 mg)
18 to 23 lbs	1.2 ml (120 mg)

### *Web Resources*

- [www.aap.org](http://www.aap.org)
- [www.breastfeeding.com](http://www.breastfeeding.com)
- [Teething facts](#)
- [www.preventiveoz.org](http://www.preventiveoz.org)
- [Children’s Hospital of Philadelphia Vaccine Website](#)