

Well-child checkup: 4 months

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your baby's vaccine record with you.

This sheet is meant to answer some common questions parents have about this age.

Nutrition

For most babies, breast milk or formula with iron are all that is needed until age six months. If you think your baby is ready for solid foods sooner, discuss this with your provider. Signs of being ready include:

- wanting to nurse more often and not satisfied with breastfeeding or formula.
- showing an interest in what other family members are eating.

Diaper changes

Babies will continue to have 6 to 8 wet diapers a day. Stools may become more solid and colorful as new foods are eaten.

Sleeping

Your baby may start sleeping for 6 to 8 hours during the night. Continue to put baby on the back to sleep. If your baby starts rolling over, there is no need to reposition on the back. Daytime naps will become more organized and happen every 3 to 4 hours for up to 1 to 2 hours at a time. Some babies will only need several short naps during the day.

Development

Babies develop at their own rate. In the next two months, you may notice that your baby can:

- enjoy simple games (peek-a-boo, pat-a-cake).
- turn head to the sound of your voice.
- smile at self in a mirror.
- roll from stomach to back.
- stand with support.
- reach for objects and put them in mouth.
- follow moving objects with eyes.
- transfer objects from hand to hand.
- imitate sounds.
- babble back when talked to.

Learning through play

Supply your baby with a lot of playthings to touch, squeeze, and suck. This helps develop a sense of space, form, and texture.

Safety

Accidents are more frequent than in the first three months because your baby moves and grabs more. Keep your baby in a safe place near you. Without supervision, the floor and bed are unsafe.

Securely fasten in an infant seat so baby cannot wiggle out of it. Keep buttons, beads, coins, and other small objects out of reach. Remove any hanging mobiles from the crib area. Your baby could become tangled in them.

Don't use baby walkers. Falls are common and injuries can be serious. Walkers can also delay the development of walking skills.

Remember to always use an infant car seat correctly when taking your baby in a car. Car seats should be in the back seat, and face the rear of the car until your baby is at least 1 year old and weighs at least 20 pounds.

Never leave your baby alone in the car, even for a few minutes.

Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

Positive parenting

This is typically a very social age. Sibling rivalry is common. Help your children enjoy each other:

- involve older siblings in child care such as getting things, choosing clothes, and rocking the baby.
- focus attention on older children, too - not just on the baby.
- plan special time with each child doing something that he likes to do.

- help older children develop new interests and play with toys and friends of their own.
- help the older child read a book or show pictures to the baby and thank him for doing such a good job.
- point out to the older child things he can do because he is older and more capable than the baby.

Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

When should I call the clinic?

- rectal temperature higher than 100.4° F.
- if you are worried about your baby.
- trouble breathing – **call 911.**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Breastfeeding Resource Center

Minneapolis (612) 813-7654
St. Paul (651) 220-6250

Family Resource Center (health, parenting,
and community resource library)

Minneapolis (612) 813-6816

St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org

(includes information about visiting
Children's, illnesses, and parenting, as well
as Children's Medical Organizer—a free
easy-to-use Web site to help organize your
family's medical history)

Community resources

2-1-1 Phone Helpline (confidential
information and referral to thousands of
community services) dial 2-1-1, or
(651) 291-0211

Child safety seat inspections (free)
(information about the nearest location)
1-866-SEAT-CHECK www.seatcheck.org

Early Childhood Family Education
(classes about raising young children)
Call your local school district.

Minnesota Tobacco Helpline
(for help to quit smoking)
1-888-354-PLAN (1-888-354-7526)

Poison Control Center
toll-free number: 1-800-222-1222

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
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