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MD



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## 4 months old

### General Health

- At four months it is recommended that your baby receive Pentacel vaccine (which includes DTaP, IPV, and HiB), Prevnar and the Rotavirus vaccine. For more information on these vaccines please see the immunization section on our website [www.pierremontpediatrics.com](http://www.pierremontpediatrics.com).

### Nutrition

- Your infant should be feeding 5-6 times per day, 4-6 ounces at a feeding.
- Your infant may stop the middle of the night feeding.
- Your doctor may discuss starting solids at this time
- Watch for any signs of food allergy—rash, vomiting, diarrhea, irritability—if these symptoms occur, stop any new food.
- No extra water or juice needed; no honey.

### Elimination

- Your infant should have 4-6 wet diapers a day.
- Stool pattern can vary greatly from several a day to one bowel movement every few days
- Stool frequency, consistency and color can change once solid foods are started.
- It is normal for most babies to appear to strain with bowel movements.
- Call if your baby has a change in bowel habits that concerns you, especially visible blood, black stools or a drastic decrease in wet diapers

### Sleep

- All babies should be placed on their backs to sleep, not on their sides or stomachs. If they can roll over to their tummy on their own they can remain on their stomach while sleeping.
- Do not have fluffy blankets or stuffed animals in the crib with your baby.
- Infants should sleep in their own cribs or bassinets in order to prevent possible injury/suffocation that could occur if someone is sleeping with them.
- Most infants will start to sleep more at night during this time and be awake more during the day.
- Your infant may benefit from a consistent daytime nap schedule.

### Behavior

- Your infant should have a social smile and laugh, as well as cooing, blowing bubbles or "raspberries".
- Your infant should hold his or her head up, raise body up with hands while on tummy, bring hands together, follow objects with eyes, and respond to sounds.

- Your infant may roll from front to back. This may be delayed for some babies who do not spend much time on their tummies.
- You should encourage playtime on their tummies while awake but babies should still be placed on their back to sleep.

### **Injury Prevention**

- Babies should ride in a car seat with 5 point restraint, rear facing in the back seat. For more information see the car seat information section on our website [www.pierremontpediatrics.com](http://www.pierremontpediatrics.com).
- When bathing your baby, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. **Never leave child unattended in a bath or around water.**
- Do not microwave bottles, because hot spots form in the formula.
- Always test bottles after heating before feeding your baby.
- Have working smoke detectors in your house. Check the batteries in your smoke detectors often.
- Keep infants out of direct sunlight, no sunscreen at this age.
- Bug spray should not be placed directly on newborn's skin but can be sprayed on a blanket and placed over the stroller/car seat for protection.
- Do not place car seat with infant in it on counter-top, washing machine or other elevated surface.
- Your baby should not be left unattended on a bed, sofa, or changing table.
- Do not leave any children unattended in the car.
- Your baby may start putting small objects in his or her mouth, including food and toys, so make sure baby foods are finely pureed and small objects are moved out of your baby's reach.

### "Come Grow With Us!"

Today's Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_

Weight: \_\_\_\_\_lb \_\_\_\_\_oz (\_\_\_\_%)

Height: \_\_\_\_\_inches (\_\_\_\_%)

Head Circumference: \_\_\_\_\_inches (\_\_\_\_%)

My next appointment: \_\_\_\_\_