



YOUR BABY AT 4 MONTHS

Immunizations:

- Pediarix, HIB, Prevnar
- May have slight fussiness after these. Use Tylenol 80 mg i.e. 0.8ml of infant drops every 4 hours as needed.

Nutrition:

- May begin iron fortified rice or oatmeal cereal.
- Introduce fruits and fruit juices.
- After introducing fruits then introduce vegetables.
- Introduce foods one at a time every 3-4 days to see if there is any reaction. Feed with a spoon.

Safety:

- Car seats are a must!
- Baby can put hands in mouth so be careful to avoid accidental ingestion of harmful substances or objects.
- Do not hold infant while drinking hot liquids.
- Do not leave infant in car seat on a counter top or chair.

Hints:

- Many babies will have developed a relatively predictable sleep schedule.
- Three naps per day.
- Stranger awareness develops.
- Encourage play; offer safe toys, continue to talk to your baby.
- Thumbsucking is normal.

Normal Development: 4 to 5 Months

- Is active, playful, gregarious.
- Rolls from side to side
- Supports head when held in sitting position.
- Sits with support for longer periods.
- Kicks up a storm.
- Reaches and grasps some objects.
- Shakes rattle when placed in hand.
- Puts everything in mouth.
- Focuses clearly.
- Acknowledges bottle gleefully.
- Laughs and giggles.
- Basks in attention.
- Is intensely absorbed in what is going on.
- Normal Development: 5 to 6 months
- May turn purposefully from back to side to stomach,
- Lifts head high when lying on tummy.
- Moves head freely from side to side.
- Sits on lap with head steady.
- Uses motions leading to crawling.
- Holds objects.
- Begins to hold cup.
- Touches everything and puts everything in mouth.
- May begin teething.
- Raises arms to be picked up.
- Begins to repeat interesting events.
- Smiles and babbles socially to familiar people.
- Expresses fear, anger, and frustration.
- Discriminates between parent and himself .
- Next Scheduled Immunizations:
- Pediarix, HIB, Prevnar