

Baton Rouge  
Clinic  
Pediatrics

# Four Months

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## Vaccines Today

### Pediarix- contains

- DTap—diphtheria, tetanus, and pertussis (whooping cough)
- Hepatitis B
- Polio

**HiB- hemophilus influenza B meningitis**

**Prevnar- pneumococcal disease**

**Rotateq- rotavirus diarrhea**

### Vaccine Side Effects to call for:

- Fever > 102 F
- Extremely fussy
- Fever > 2 days
- Severe local reaction

Infant Tylenol dose:

\_\_\_\_\_ml  
Next dose due at:  
\_\_\_\_\_

## Development

Your baby should be awake much more of the day and will spend much of his time exploring his immediate environment, learning how various parts of his body feel and taste, and expecting some social play with those around him. He should be able to hold his head steady and erect when held in a sitting position, he should be holding his hands together and putting them in his mouth, and producing enormous amounts of drool each day! He should be able to grasp an object and look at it and should be able to follow objects or people with his eyes. She should turn her head to sounds that originate out of her immediate area and be vocalizing much more frequently, using vowel sounds like aaa's and ooo's, and she probably likes to hear herself squeal. She should be

able to support some weight on her outstretched hands and get her upper chest off the floor. Some babies will begin to roll over within the next month, usually from stomach to back first, then the opposite way. Don't forget to give your baby some "tummy time" to help develop these skills over the



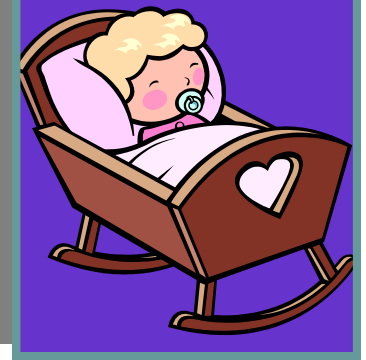
next couple of weeks. During the next two months, your baby will continue to gain strength in his back muscles and will be close to sitting by 6 months. You can start preparing your baby for sitting by propping him at a backward slant for a few minutes and gradually lengthening the sitting time as he gains strength. Do not sit your baby straight up until he is able to sit alone without slumping forward.

## Nutrition

Breast milk or formula with iron contains all the nutrients and calories your baby needs for the first six months. Most babies are taking from 24-32 ounces of formula or breast milk per day at this age. Some infants may be ready to begin small rice cereal feedings within the next two months and we will discuss at this visit whether your baby seems ready for this. Attached you will find a guide for introducing your baby to solid foods. Keep this handout so that you may refer to it throughout the next few months as you progress through different foods.

## Sleeping

Your baby should be able to stay awake for longer periods over the next few months. He will probably settle into a pattern of 2-3 naps per day and should begin sleeping through the night soon if he is not already. Sleep problems are some of the most common questions that we are asked about. Establishing good sleeping habits is crucial at this age, as it will set the pattern for the future. You should help him learn that he sleeps in his bed and that he is to play and eat elsewhere. You should try to establish a nighttime routine which may include a relaxing bath, reading a book, and/or quiet interaction like singing and rocking. Once your baby is drowsy you should lay her in her bed still awake and allow her to fall asleep on her own. If she then awakens during the night, she will recognize her surroundings as her familiar bed and fall right back asleep. (Of course, it's ALWAYS that easy!) Trying to establish this routine early will make it easier to go back to it when your baby's sleep pattern is disturbed by unfamiliar surroundings, illness or teething pain. It is also important in helping your baby to learn self-soothing techniques. This is critical to his development in all areas, not just sleep. If you are still having difficulties, or have further questions, we are always here to help!



**CAR SEATS-** Many infants over the next few months will be nearing the limitations of their infant car seat. Check the seat you are currently using to determine the maximum weight and length for its use- many are 20 pounds and 26-27 inches in length. If your baby exceeds *either* of these, it is time to switch to a *convertible* car seat, one which will accommodate a baby from 5 to 80 pounds. This seat should be placed **REAR-FACING** according to the manufacturer's instructions and left that way until your baby is 20 pounds **AND**

## Safety

(*not OR*) one year of age. Once again, I recommend the help of a certified car seat technician to help you install the new seat. These can be contacted through the Safety Council, State Police Headquarters, or free community events. Don't forget to always wear *your* seat belt, too- your baby needs you!

### OTHER SAFETY TIPS:

-Choking prevention becomes important as your baby will soon be much more mobile and will begin exploring his environment by

putting anything and everything into his mouth. Never leave small objects in your baby's reach and be especially aware of those wayward Barbie shoes and Lego blocks that tend to stray from an older sibling's room. Your baby will soon be able to find the smallest speck on the cleanest floor and roll and wiggle herself right over to it!

-Never leave your baby alone in the bathtub for even a minute. It only takes a few seconds to drown in a few inches of water.

-Don't eat, drink or carry hot items while you are near to or carrying your baby. Put your baby in a safe place near you if you are busy and cannot keep a close watchful eye on him.

**Remember-  
Injuries are the most  
common cause of death  
of infants and children!**

## Immunizations

Your baby may receive second doses in the primary series of DTaP, Hepatitis B, Polio, Hib, Pevnar and/or Rotavirus. If your baby experienced a severe reaction with the first set of shots, let me know. If not, the side effects will probably be the same as last time. You may give Tylenol dosed for your baby's weight every 4 hours as needed for side effects.

## Until the next visit...

- Remember to talk to your baby- even as you go about your day. It's not too early to read him- it's not so much *what* you're reading but the inflection and sound of your voice that will stimulate speech development.
- Make some time for yourselves- I mean *adult* time! Having a happy, healthy baby means having parents who are happy, too. Now that you are hopefully getting a little sleep, it's time to focus a little attention on you. How long has it been since you've had a date night?

**Your baby's next well visit will be at 6 Months unless we have discussed something different. See you then!**

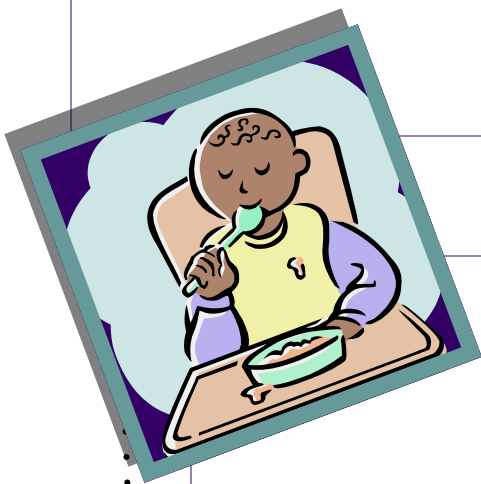
# Starting Solid Foods

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Welcome to the exciting world of SOLID FOODS! You are about to venture into the depths of messes you could have never imagined! Feeding time should become much more fun for everyone as we introduce a variety of new foods to your baby. Remember that at first your baby's tongue may push cereal directly out. This is a normal reflex called the "tongue-thrust" reflex. You should notice this decreasing after the first week or so as your baby learns to overcome it.

## Introducing Cereal

Start with single grain RICE CEREAL. Begin with 1 tablespoon of cereal mixed with 1-2 ounces of breast milk, formula, or water, and feed with a spoon. It should be fairly thin so that your baby can learn to deal with food in his mouth and swallow it. Start once a day, picking a time when you are able to spend a few extra minutes without being interrupted or hurried, and when your baby is not excessively tired or hungry. Gradually thicken the cereal mixture as she becomes accustomed to the texture. You may increase the feedings to twice a day as soon as you feel your baby is ready. Oatmeal cereal can be introduced once your baby is tolerating rice cereal.



## Introducing Other Foods

Once your baby is tolerating cereal twice a day, he may be ready to start the FIRST FOODS, which include single ingredient vegetables and fruits. Your baby should continue to have cereal once or twice a day, and the vegetables and fruits may be given in addition to the cereal or by itself as a third meal. The following schedule is recommended to maximize the tolerance of all types of foods. Feed one new food for 3-5 days to ensure that it will agree with your baby. If she is not tolerating a food, you may see excessive spitting, loosening of the stool, or allergic reactions such as rashes or hives. If your baby demonstrates any of these signs, call and discuss it with us. You can continue to give foods your baby has tolerated well when introducing new ones.

Studies show that the optimal time to introduce solid foods is between four and six months. Infants had less chance of developing allergies when foods were introduced within this window.

## Recommended Schedule for Introducing First Foods

- VEGETABLES- start with *orange* vegetables first (squash, carrots, sweet potatoes) then progress to *green* vegetables (green beans, peas, etc.).
- FRUITS- introduce these in the same fashion- one at a time, giving each new food a couple days.
- MEATS- may be introduced through the first foods (*yuck!*) or through simple combinations of meat/fruit or meat/vegetable found in the 2nd foods.

When your baby is easily taking the 2 ounce servings of first baby foods, you may progress to the 2nd foods, or begin to introduce table foods. Your baby should continue to get 1/2 cup iron-fortified cereal per day. The latest research shows that introducing even allergenic foods prior to one year may decrease an infant's risk of developing allergies. (*Yes, that is exactly the opposite of what we used to say!*) If your baby has signs of allergies like unexplained hives or rashes, recurrent diarrhea or eczema, we may alter this recommendation, but otherwise, bring on the buffet!



**Raw Honey** should **NEVER** be given to infants under 1 year of age as it may contain botulinum bacteria, which causes infantile paralysis.

At six months and when your baby is able to sit upright by herself, you may introduce finger foods. I usually recommend that you start with ***graham crackers*** or ***unsalted saltines*** instead of teething biscuits or zwieback toast. You should watch your baby very closely as they tend to try and see how many crackers fit in their mouth at one time only when you have your back turned. Choking is always a possibility! We'll talk more about this at the six month check-up.



**Good Luck!**