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PEDIATRIC HEALTH CARE

FOUR MONTH EXAM

WEIGHT:_____LB._____OZ. **LENGTH:**_____IN. **HEAD CIRCUMFERENCE:**_____IN.
_____% _____% _____%

FEEDING:
Continue feeding breast milk or formula as you have done. You should not give milk bottles in bed. Sucking on them while falling asleep can damage erupting teeth.

SOLID FOODS: Your baby will be ready for solid foods soon.

CEREAL: When starting solids, cereal is the first and most important one. Sit him/her in an infant seat or highchair that reclines slightly. Be ready for a mess! HAVE FUN! Begin with rice cereal. Feed from a spoon, not a bottle. To start, the mixture should be very thin then gradually made thicker as the baby learns to handle solids. You may increase up to three or four tablespoons. Cereal can be mixed with breast milk, formula, or water. Once your baby has tolerated rice cereal for a week, you may introduce barley, oatmeal, then mixed cereal. You should stay with one type of cereal for three days before introducing a new one. You may offer a bottle or breast milk after the solid foods.

FRUITS/VEGETABLES: After your infant has tolerated cereal, you may begin to add vegetables or fruits. Offer each new vegetable with a familiar taste like their cereal. Allow three days before introducing another new food. There is no correct order in introducing foods. Remember to remove the serving amount from the jar before serving to your child and discard the leftovers, as baby's saliva contains bacteria. A beginning serving is about one tablespoon. Avoid citrus fruits and strawberries until one year of age. Have fun and get messy!

DEVELOPMENT:
At this age your baby is more alert. He/she may be sleeping through the night. Your baby may be reaching and grabbing for objects. They may start to put things in their mouth. They may roll from side to side. Head control is good. Play games with your baby. Sing! Talk your baby's talk!

SAFETY:
Chances of falling are greater due to increased mobility. Your infant can grab objects and may bring them to his/her mouth. Be aware of signs of swallowing or choking. Keep small objects out of reach. Never put infant seats on elevated surfaces, like countertops. Avoid walkers!

IMMUNIZATIONS:
Today Pentacel #2 (DTaP, IPV, HIb), Prevnar #2, Rotateq #2 (oral). Use Acetaminophen drops if necessary. Let us know of any reaction.

NEXT VISIT:
See you at six months of age. Your baby will receive Pentacel, Prevnar, and Rotateq at the next visit.