



Forms:

Complete and print them for your upcoming appointment:
None

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:

Pentacel (contains):

1. DtaP
2. IPV
3. Hib

Prevnar
Rotavirus

4 MONTHS OLD

FAQ

Shouldn't my baby be sleeping through the night?

To receive adequate calories, most 4-month-old babies continue to wake at night for feeding. It is more common for infants to sleep 5-6 hours straight at night. It is important to begin putting your baby down drowsy, but not fully asleep into the crib to help her learn to self sooth. You can help her to fall asleep by talking softly or patting her back.

What kind of activities should I do with my baby?

For active playtime activities, give your baby age-appropriate toys to play with, such as a floor play gym so that, when he is placed on his back, he can reach for the toys or kick them with his feet. Another choice is a colorful blanket, a mirror, or toys for him to look at when he is on his tummy. Make sure your baby has safe opportunities to explore his environment.

Age Appropriate Information

Sleep:

- An established daily routine for feedings and naps and a bedtime routine is a good idea because they will help establish eventual longer sleeping stretches at night.
- It also is important to help your baby learn to put himself to sleep by placing him in his crib when he is drowsy, talking gently to him, and even patting him to sleep.
- Continuing to provide regular structure and routines for the baby will increase his sense of security.

Feeding:

- Adding complementary foods (also called solids) is very individualized. There is no evidence that adding cereal helps babies sleep through the night. Between 4 and 6 months of age, the baby will be ready to begin eating solid foods. One of the signs that she is ready to eat solids is the fading of the tongue thrust reflex (pushing food out of the mouth). Another sign is that the baby can raise her tongue to move pureed food to the back of the mouth and, as she sees a spoon approach, she opens her mouth in anticipation of the next bite. At this stage, your baby sits

with arm support and has good head and neck control so she can indicate a desire for food by opening her mouth and leaning forward. She can tell you she is full or doesn't want food by leaning back and turning away.

- Your baby is now able to clearly show when she is hungry or full. It also is not unusual for her to want different amounts of formula at different times of the day (she may take more at a morning feeding than at a noon feeding). It is important to respond to your baby's behaviors for feeding to avoid overfeeding (spitting up) or underfeeding. Holding your baby during feeding also helps you understand the meaning of your baby's behaviors. This will help you meet her needs and reduce fussiness. It will even help with her learning as she watches you and listens to your voice.

Activity:

- Use both quiet and active playtime with your baby. Quiet playtime activities include reading or singing to your baby or sitting together outside in the park.
- If your baby is being very fussy and you have checked that he is fed, clean, and safe and you are beginning to get upset and frustrated, put the baby in his crib and give yourself a break—make a cup of tea or call a friend. Babies cry a lot at this age; it gets better as they get older. Crying won't hurt your baby. If this happens consistently, though, call me for advice.