

Healthy Babies, Healthy Kids, Healthy Futures™
Healthy Habits that start in childhood last a lifetime.



4 MONTH OLD CHILD – WELL VISIT HANDOUT

GROWTH PARAMETERS

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

DEVELOPMENTAL MILESTONES FOR A 4 MONTH OLD

- may roll front to back
- says aah goo/coos
- brings hands together
- lifts head up 90° when on tummy
- sits with support
- reaches and grabs
- likes to bear weight on legs
- may start solid foods – check out (healthy habits @ www.drglasser.com)

ANTICIPATORY GUIDANCE FOR 5-6 MONTHS OLD

- start solid foods by 6 months (healthy habits @ www.drglasser.com)
- passes objects from hand to hand
- tripods well/sits alone
- squeals/raspberries
- may roll over both ways
- puts feet to mouth
- banging toys

SAFETY

- Never leave baby unattended on any elevated surface
- Set water heater to 120°
- Put baby to sleep on his/her back to prevent SIDS (unless rolls over well both ways)
- Give baby 10-20 minutes of Tummy Time each day
- Avoid sun exposure (ok to use sunscreen on babies less than 6 months but avoid the hands)
- Rear-facing car seat till 1 Year even if greater than 20 lbs.
- Use a rectal digital thermometer to take baby's temperature.
- Fever is a rectal temperature ≥ 100.5 . You may use infant Tylenol for fevers or pain.
- Your baby's infant Tylenol dose is: _____ml which is _____ droppers every 4 hours.

NEXT VISIT AT 6 MONTHS (DON'T FORGET THE SHOT RECORD)

Dr. Lisa Glasser of Siena Pediatrics.
Call for appointments (702) 248-7337.
Visit www.drglasser.com for additional information.

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