



Your child is a playful 4 month old!

Infants this age are so much fun! They are beginning to communicate with parents by smiling, cooing and laughing. They also typically weigh enough and are mature enough to sleep through the night. 4 month olds are also very curious and even stop eating sometimes to look around the room as they respond to sights and sounds. Babies at this age also tend to drool a lot, though teeth don't tend to erupt until age 6 months. You are probably starting to wonder about when to feed solid foods. This handout will answer those questions as well as others regarding expected development for the next two months and safety.

Development:

- Loses head lag when pulled to sit
- Sits unsupported
- Transfers object from hand to hand
- Babbles (ahhh, eeee, oooo)

Safety:

- Childproof homes, lock up poisons
- Bedtime should be a routine
- Avoid baby walkers
- Avoid co-sleeping

Nutrition:

- Delay solids until 4-6 months, 6 months if possible
*Three developmental changes should occur before babies can eat solid foods: Loss of extrusor reflex (sticking out their tongue when spoon placed in mouth), double birth weight and sits mostly independently
- When starting solids, introduce foods one at a time, starting with rice cereal, moving to vegetables, then fruits. Try each food by itself for 3-5 days before adding another as to avoid allergic reaction with unidentified single food. Wait until 8 months to introduce meats!!
- Continue vitamin D supplementation if exclusively breast fed
- No bottle propping or putting infant to bed with bottle

When to call for our advice:

- Persistent vomiting or diarrhea
- Failure to eat
- Unusual irritability/sleepiness
- Fever greater than 100.4 rectally

If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Enjoy your sweet baby!