

## **WELL BABY CARE**

### **Four month check-up**

#### **IMMUNIZATIONS:**

- Your baby will receive his/her second shots Pediarix (Dtap/Hep B/IPV), Hib, Prevnar and Rota Teq. This may cause fever for 24-48 hours, a sore leg for a few days, and a small lump that may persist for weeks or months.
- See the Tylenol dosing sheet to see how much Tylenol to give your child.

#### **FEEDING:**

- Your baby should still be on just breast milk or formula. You may start introducing solids if you would like, but it is not really necessary until 4-6 months of age, and in breastfed babies we encourage waiting until 6 months of age. Start by adding rice cereal to formula or breast milk and feed with a spoon, thickening over 3-4 weeks until oatmeal consistency. Then start adding vegetables, fruits, and then meats at 8-9 months of age.
- NO EGGS, WHOLE MILK, NUTS OR HONEY until 1 year of age. It may take a while to develop a taste for solids.
- Plan to slowly wean the baby away from the bottle by one year. Continuing the bottle can lead to big time dental problems. No bottle in bed, this can lead to ear infections.

#### **SAFETY:**

- At this age, your baby may be rolling over and within the next two or three months will start reaching for objects. This is a good time for you to start becoming conscious of dangerous objects that are around, such as sharp objects, the handles of pans on the stove and small objects the baby can choke on, etc.
- At this time, it is very important to child-proof your house and become safety conscious. You should check the water temperature in the water heater. Your water temperature should not be any hotter than 120 degrees. Temperatures hotter than this can cause a third degree burn (a full thickness burn).
- We strongly encourage you to buy some caps to put in your electrical outlets. Each year we treat several children for burns that they develop when they stick something into an electrical outlet.
- We also encourage you put a gate in front of stairways to prevent your child from falling down the stairs. Also it would be wise to buy some latches to put on cabinets where dangerous things are kept (glass, medicine, etc) – you should be able to find stores all over the valley. Eventually, your child will learn to climb, so putting things up, in out-of-reach areas is important, but that is not enough.
- It is ok to give Tylenol, but if your baby has high fever – greater than 102 rectally - and you do not know why, the baby should be seen within 24 hours.

#### **CAR SEATS:**

- You should have an infant seat for your child whenever you ride in a car - be sure to strap them in. Remember accidents are one of the leading causes of deaths in children, much higher than medical illnesses. Please use infant seats, especially on short trips around town.
- It is also a good idea to get CPR certified.