



4 Month Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

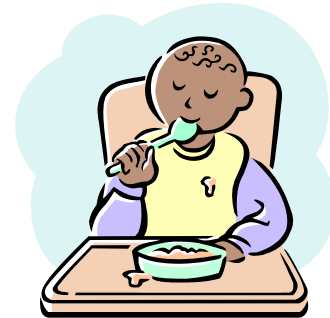
- Your baby will be weighed and measured.
- Your baby will get the second set of shots.
- Your doctor will ask you what your concerns are about your baby.
- You and your doctor will talk about parenting, your home, you and your baby's health and safety, and keeping your baby happy and healthy.

How do I know my baby is ready for baby food?

- Your baby can hold up his or her head without help
- Baby can move tongue around
- Baby can already take cereal from a spoon

How to Start:

- Baby should only have very smooth-textured foods
- Use a small spoon with plastic coating
- Start with rice cereal from a spoon (Do NOT put in bottle)
- Next introduce baby foods ONE NEW TYPE EACH WEEK (so you can know if it causes an allergic reaction)



Avoid these Foods:

- NO honey until one year old!
- NO hotdogs, grapes, peanuts, or other foods baby can choke on!
- NO juice until 1 year old (give in a cup)!
- NO table food until 9 months old!







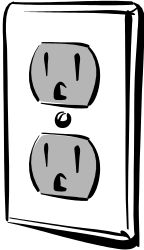







Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 4 Month Olds

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|-----------------------|---|--|--|
| Development |  <p>Baby will start rolling over.</p> |  <p>Baby will start putting things in mouth.</p> |  <p>Baby will be making more sounds.</p> |
| Child-Proofing |  <p>Keep medicines out of reach.</p> |  <p>Keep cleaning products locked in cabinets out of reach.</p> |  <p>Keep small objects and plastic out of reach so baby can't put in mouth.</p> |
| Safety |  <p>Cover wall sockets.</p> |  <p>Keep cords out of reach.</p> |  <p>Never leave unattended in tub or on high surfaces.</p> |
| Activities |  <p>Daytime Tummy Time. (Continue back for sleep).</p> |  <p>Continue reading to your baby.</p> |  <p>Continue socializing with your baby.</p> |

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

