

Cranky and Fussy?

- Your baby may show signs of teething now. Give a chilled teething ring or massage his gums with your clean finger. If nothing else helps, try a dose of Tylenol. Avoid numbing creams or over the counter herbal teething products as they can be overdosed easily. There will be times when you will not be able to console your baby easily.
- You cannot spoil your baby by picking them up when they are fussy.
- Things to try for a fussy baby: changing the diaper, rocking, singing, giving a pacifier, walking, swinging, bathing, whispering, taking a ride in the stroller.
- Try techniques mentioned at www.thehappiestbaby.com.
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- Your baby may fuss a bit before falling asleep. Try to put them down drowsy, so they learn to fall asleep by themselves. Limit naps to 2-3 hours and try to space out daytime feedings. Try to phase out night feedings.
- Babies make noises sometimes during light sleep. They may not actually be awake if they just whine or moan. Give them a few minutes to see how alert they are. Try to comfort them without picking them up if possible.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org.

Four Month Visit

We will record your baby's height, weight, and head circumference. The numbers themselves are not as important as the trends over time, and they do not have to be average (50th percentile) to be normal.

Let your doctor know if you believe your baby may have had a reaction to the vaccines given at your last visit.

Let your doctor know today if...

- Your baby does not move both arms and both legs vigorously and equally.
- Your baby does not lift his head when on his tummy.
- Your baby never opens his clenched fists.
- Your baby never seems to look at you.
- Your baby never smiles back at you.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about the baby or unable to enjoy being with the baby.
- You have questions about breastfeeding.
- You have a particular concern that's always on your mind.

Your next visit

At the six month visit your doctor will...

- Compare the growth measurements to those from this visit.
- Discuss recommended vaccines: DTaP, HiB, polio, pneumococcal, hepatitis B, rotavirus, influenza and COVID. Information about these can be found at: www.cdc.gov/vaccines.
- Discuss any concerns.
- Please note the six month well visit needs to be scheduled when your child is exactly six months old or shortly after (not before).



Weill Cornell Medicine
Primary Care

Four Month Visit



weillcornell.org/primarycare

Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child, including brain damage and death.
- Recommended vaccines:
 - DTaP (diphtheria, tetanus, whooping cough)
 - Hepatitis B
 - IPV (polio injection)
 - Hib (used to be the most common type of meningitis)
 - Prevnar (pneumococcal)
 - Rotavirus (a stomach virus)
 - RSV antibody injection (seasonally)
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the Covid vaccine.

Staying Healthy

- Tell your doctor if you believe you have symptoms of postpartum depression.
 - Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
 - Wash hands before feedings and after diaper changes.
 - Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
 - Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
 - Bathe your baby only with plain water or a mild soap.
 - Do not clean inside the ear. Wipe only the outside.
 - Learn infant CPR. Contact the American Heart Association for classes.
 - Reach out to us if your child is having fever over 100.4 for 24 hours or more (other than in the 48 hours after vaccines) to schedule an office visit or sooner if they are having breathing difficulty, not drinking well or look very ill to you.
 - For fever or pain, your child can have acetaminophen every 4hrs (Tylenol): “Infant’s” and “Children’s” (160mg/5mL) _____ or a Feverall suppository _____
- Do not give ibuprofen until six months, and never give aspirin to a child; aspirin can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat.
- A bus is safer than a taxi.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Install window guards.
- Check the bath temperature.
- Never microwave a bottle. Hotspots may cause a burn.
- Check the smoke detector battery once a month.
- Avoid direct sun exposure.
- Give your baby age-appropriate toys with no sharp edges, strings, or small parts that may break off.
- Necklaces and charm bracelets are choking hazards.
- Always put your baby on their back for sleeping (naps too).
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Do not put your baby in an infant walker.

Typical Development

By four months most babies:

- Hold their head steady without support when you are holding them.
- Hold a toy when you put it in their hand.
- Use their arms to swing at toys.
- Bring their hands to their mouth.
- Push up onto elbows/forearms when on tummy.
- If hungry, open their mouth when they see a breast or bottle.
- Look at their hands with interest.
- Make cooing sounds and makes sounds back when you talk to them.
- Turn their head towards the sound of your voice.
- Smile on their own to get your attention.
- Chuckle (not yet full laugh) when you try to make them laugh.
- Look at you, move, or make sounds to get or keep you attention.

Some babies...

- Roll over from their back/tummy.
- Babble.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people largely takes place in the first 2 yrs.
- Talk, read, sing, play games, and laugh with your baby.
- Play music. Look in mirrors. Show them colorful books.
- Shower them with love and affection.
- Keep away from violence, including loud arguments or violent TV images.
- Avoid “educational” videos and apps.
- Give your baby rattly, chewy, and squeaky toys.
- Your baby should have some daily “tummy time.”
- Put your baby in an Exersaucer or similar toy, but not in a mobile walker.
- Browse: www.zerotothree.org.

Good Nutrition

- Breastfeeding provides a great source of infant nutrition.
- If you are not breastfeeding, we recommend iron-fortified FDA approved formulas.
- Solid foods may be introduced at four and six months.
- You can try cereals – rice, oats, barley; vegetables and fruits; meats. We recommend introducing peanut butter by the age of 6-7 months. Browse: <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>.
- A multivitamin with iron, such as Polyvisol or Novaferum, is recommended or exclusively breastfed babies.
- Your baby does not need any water, juice, or tea.
- Avoid honey before one year.
- Start trying to phase out the night feedings now. Do not put your baby to bed with a bottle, and never prop one in their mouth.

Normal Elimination

- Stools may be yellow, green, or brown, and more formed.
- Stool frequency may decrease to as little as once a week.
- A few ounces of diluted prune or pear juice daily will soften hard, pellet-shaped stools, (the only reason to give juice).