

Advanced Pediatrics

358 Route 202, Suite 2, Pomona, New York 10970

(845) 364-9800

Fax: (845) 364-9828

4 MONTH OLD VISIT

GENERAL ISSUES

1) **Vitamin D Supplementation**

Breast fed infants should receive 400 iu of vitamin D daily.

2) **Fever**

Fever is a sign the body is fighting an infection. If your infant is uncomfortable with a fever, you may use acetaminophen (Tylenol) 5 mg/pound every four hours as needed. (A 12 pound baby would take 60 mg or 0.6 ml infant Tylenol). Do not use ibuprofen (Motrin) until your baby is 6 months old.

Call us with a fever of 103 or higher or a fever lasting several days. Fever associated with vomiting, decreased urination, lethargy or inconsolability need evaluation regardless of the amount of fever.

SAFETY ISSUES

1) **Never Leave Your Baby Unattended**

To prevent severe head injuries, never leave an infant on a table, bed or sofa without keeping a hand on them, even for a second. Infants can easily fall off of surfaces onto the floor.

2) **Never Shake Your Baby**

Infants' brains are very sensitive to shaking. Even a brief shake can cause **brain damage**. If you feel you are getting frustrated with your baby's crying, call a friend or relative immediately to relieve you.

3) **Do Not Sleep With Your Baby**

Sharing your bed with your infant may facilitate breastfeeding and help the baby sleep better. **However, this practice leads to increased death from suffocation.**

4) **Infant Car Seat – Backwards**

The car seat must be installed backwards to protect the infant's head until the baby is at least one year of age and at least 20 pounds.

FEEDING ISSUES

1) **Solids**

Begin with oatmeal or rice cereal for 3-4 weeks, 1-2 ounces one time per day and slowly increase the amount and frequency. After a month you may add vegetables and eventually fruits.

2) **Don't decrease the amount of formula or breast milk**

The mainstay of nutrition during the first year of life is formula or breast milk, which both contain 20 calories per ounce. Remember that the purpose of baby foods is to teach your baby how to eat solid foods. The average 4 month old baby requires 30-36 oz of formula or breast milk per day. Decreasing the volume of formula or breast milk may lead to insufficient weight gain.