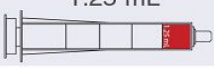




















4 MONTH CHECKUP

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Acetaminophen	mL = milliliter tsp = teaspoon		Weight			
	Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)		
6-11 lbs.	1.25 mL 	—	—	—	—	—
12-17 lbs.	2.5 mL 	—	—	—	—	—
18-23 lbs.	3.75 mL 	—	—	—	—	—
24-35 lbs.	5 mL 	5 mL (1 tsp) 	2 tablets 	—	—	—
36-47 lbs.	—	7.5 mL (1.5 tsp) 	3 tablets 	—	—	—
48-59 lbs.	—	10 mL (2 tsp) 	4 tablets 	2 tablets 	—	—
60-71 lbs.	—	12.5 mL (2.5 tsp) 	5 tablets 	2 1/2 tablets 	—	—
72-95 lbs.	—	15 mL (3 tsp) 	6 tablets 	3 tablets 	—	—

PEDICARE
Children's Clinic

Address : 3001 W Illinois Ave Ste # 1A, Midland, TX 79701
432-695-6300

4 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **6 Months of Age**

Teething

- All 4-month-olds put their hands in their mouth and drool.
- It is unusual for teeth to appear before 6 months of age.
- Pacifiers and thumb sucking are very common at this age and should not be discouraged.

Nutrition

- Breast milk or formula provides plenty of nutrition, and the average is 28 to 45 ounces, or 6 to 8 breastfeedings in 24 hours.
- You may start solids now, but there is no hurry.
- Start with rice cereal fortified with iron. It may be mixed with formula, breast milk, or apple juice. At first, make it fairly soupy, then gradually thicken it. Cereal may be fed once a day at any time of the day.
- Feed your baby with a spoon, not a bottle or infant feeder.
- When your baby is taking cereal well, you can add a vegetable (for example, carrots, squash, green

beans, or green peas) to his/her diet. Use baby food or mashed home-cooked vegetables without added seasoning. It is a good idea to introduce new foods one at a time, every 3 or 4 days, so that you can watch for allergic reactions (rash, vomiting, diarrhea).

- After your baby is taking vegetables well, then you can introduce fruits (for example, applesauce, pears, or bananas). If you start fruits first, then your baby may not take the vegetables well.
- Juice will help with constipation, but is not nutritionally necessary.

Sleep

- Continue putting your baby to bed sleepy, but still awake. Never put a baby to bed with a bottle; this will cause tooth decay.
- Your baby may awaken at night, but he/she does not need to be fed. It is okay to allow some fussing, if necessary.
- Avoid rocking back to sleep.
- Remember, sleep is a learned behavior.

Development

- 4-month-olds are happy most of the time. He/she will smile and laugh.
- Your baby will begin to roll from front to back, and scoot around some.

- Instead of holding the hands in a fist, he/she will open them more often.
- Your baby will begin to hold his/her head up better, and will hold the upper body up when on his/her stomach.
- Your baby will begin to reach for objects.

Safety

- Watch carefully to avoid falls.
- Toys and rattles should not have small parts, because everything goes to the mouth.
- Continue to use a rear-facing car seat in the back seat of the vehicle at all times.
- Remember not to smoke in the house or around your baby.
- Remove guns from the home or keep them unloaded and locked up.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, fussiness, swelling, or redness at the site of the injection.
- You can give Tylenol (see dosing chart) every 4 hours, and use a cool compress, if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit, or a limp spell) call your pediatrician.

PEDICARE
Children's Clinic