

Four Months



DATE _____
 HT. _____
 WT. _____

SHOTS TODAY

- Pediarix (DTaP/IPV/Hep B)
- Hib
- Prevnar
- Rotavirus (oral)

You may notice fever/fussiness in the 24 hours following the shots. This might be worse than @ 2 months.
 Dose__droppers/____ml.

THINGS YOU MIGHT SEE TODAY

- Good head control
- Grabs things well
- Follows objects w/ eyes
- **Watching you eat**

ACCIDENT PREVENTION

- Car seat all the time
- Beware of falls from beds, chairs, tables.
- Water temp. < 120°

ILLNESS PREVENTION

- Limit exposure to daycare if possible
- Avoid sick people
- Use Kleenex, not hankies
- Don't smoke

THINGS TO EXPECT

- Rolling both ways
- Sits alone 
- Transfers hand-to-hand
- Maybe tries to crawl/stand

Feeding

(The following is **my opinion** of how to start foods. There are many other ways)

	BREAKFAST	LUNCH	SUPPER	BEDTIME
<i>First</i>		<i>Vegetables</i> (Green first, then yellow, a different one each day)	<i>Vegetables</i> (up to 1 jar)	
<i>Vegetable schedule:</i>	Mon Green Beans	Tues Peas	Wed Carrots	Thurs Squash
	<i>Here is a suggested schedule to try.</i>			
<i>Then</i>		<i>Meat / Veggie</i> (Plain meats are pretty nasty)	<i>Meat / Veggie</i>	
<i>Then</i>	<i>Fruits</i> <i>Cereal</i> (rice) 1 tbsp. (thick/thin) Mix w/formula/ breast milk Up to 2 tbsp	<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i> <i>Cereal</i> (up to 2 tbsp)
<i>Plus</i>	Breast / Bottle either with or between meals, usually about 4-5 feedings/day			

Development

This is my favorite age in infancy! They're happy and they can't go anywhere! Laugh and smile with the baby, ignore the stuff you don't want to see again (there shouldn't be much of this for a while).

Remember, **the things that get attention are the things that get repeated.**

Sleep

Should be sleeping all night without eating unless you continue to feed the baby when he/she wakes. **The things** (waking up) **that get attention** (feeding, bringing to your bed) **are the things that get repeated.**