



Schoolhouse Pediatrics

Name: _____ Date: ____ / ____ / ____

Weight: _____ Length: _____ in. Head Circ.: _____

FOUR MONTHS

FORMULA FED BABIES

- If your baby is consuming 32-40 oz. of formula, starting cereal will be discussed. Introduce single grain cereals (ie. rice and barley)
- Begin with a single tablespoon of cereal and mix with formula so that a loose gruel is formed.
- Feed by spoon, not in a bottle, and offer in the morning and early evening. Gradually increase the amounts according to baby's demands. Remember to offer only 1 new ingredient every 4 days.
- When the baby is taking about four tablespoons of cereal, a small amount of fruit (ie. bananas, applesauce) or vegetable (ie. squash, sweet potato) may be added.
- Never offer infants honey.

BREAST FED BABIES

- Continue breast feeding only. As your baby approaches six months of age and begins to awaken during the night, or has never slept through, you might start some cereal at night prior to the last feeding.
- Continue Vitamin D Supplement (1 dropperful daily)

IMMUNIZATIONS

- Your baby has received a second series of immunizations:
Pediarix; Hib; Prevnar; Rotateq
- As before, you may give Tylenol (80mg. or as directed by your provider) when you arrive home. Repeat in four hours. Report any unusual reaction (ie. high fever over 104°, extreme irritability)

SAFETY (Falls, Choking)

- Avoid using a walker, start to child proof the home.
- Avoid prolonged play in jumpers.

SLEEP

- By 4-6 months of age, babies may develop relatively predictable sleep patterns.

SUGGESTIONS

Parents: Find time to spend together without the baby.



(Main Office)

81 Schoolhouse Rd. | Albany, NY 12203

Phone (518) 456-1211

Fax (518) 452-2535

1750 State Rt. 9
Clifton Park, NY 12065

11835 State Rt. 9W, Suite 3
West Coxsack, NY 12192