

**4 to 5 MONTH WELL CHILD VISIT** WT: \_\_\_\_\_, \_\_\_\_\_% HT: \_\_\_\_\_, \_\_\_\_\_% HC: \_\_\_\_\_, \_\_\_\_\_%

## **DIET**

- Formula or breast milk is your baby's most important "food" until 12 months of age. Max formula 32 oz/day
- Delay solids until at least 4-6 months AND baby stops tongue thrusting when fed.
  1. If you choose to introduce solids – add 1 new food no more than every 4 days, by spoon only
  2. At first feed twice daily but after 6 months increase to 3 meals daily
  3. The progression is as follows:
    1. Cereal alone until 5 months of age ( 4 TBSP. mixed with formula or breast milk)
    2. Then from 5-9 months introduce pureed food in this order: yellow /orange vegetables ---simple fruits (apples, pears, banana, peaches) ----green vegetables----dairy ( yogurt, cottage cheese, ricotta cheese) ----- starches ( potatoes, pasta, beans, lentils)---egg yolk
    3. At 9 months meats, fish, and start transitioning to more table foods
    4. At 11-12 months table food, including whole eggs, cut up to the size of baby's pinky nail.
  4. No honey until 12 months
  5. No juice ever – not even 100% juice. Juice leads to childhood obesity and cavities.
- **VACCINES** DUE : **DaPT – POLIO- HIB, PREVNAR and ROTAVIRUS**
- Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your personal portal account. Laminated copies are available for your review in the office..
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen may be used if **absolutely** needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with: **CHILDREN'S NOT INFANT**  
**Acetaminophen160/5ml** ( ) ml every 4 hours as needed for fever >101 degrees

## **GENERAL MEDICAL CARE**

- Establish a **bedtime ritual** for your baby. Place your baby to bed while he or she is still somewhat awake so that the baby will learn to fall asleep without you, the breast, or the bottle.
- **Pacifiers** are recommended until 12 months of age to prevent sudden infant death syndrome.
- **Teething pain** may be soothed with a wet washcloth that is partially frozen. This cloth can be used on sore gums. For severe pain, you may give acetaminophen occasionally. Avoid biter biscuits, due to choking risk.

## **SAFETY**

**Car seat:** All infants and toddlers should ride in a **Rear-Facing Car Seat** until they are 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.

**Falls:** Your baby is becoming more mobile: put your baby in a safe place when you cannot hold him. A bed, sofa, or table is **NEVER** safe. Babies will fall!!! Use a safety harness in high chairs, strollers, and swings.

**Burns:** Your baby will bat at everything. Never carry your baby and hot foods at the same time. Also, never hold your baby while cooking. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.

**Sun protection:** You may use sun block, but no more than SPF 30.

**Choking:** It is time to start removing all small objects from your baby's environment. Strongly consider taking a CPR class.

**Drowning:** Never leave your baby without an adult's hand physically on him or her around any water.

## **SOCIAL**

- Parents need some time off from caring for baby. A happy parent is the greatest gift you can give to your infant. Be sure to nurture all the relationships in your home.
- **Read and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should not be watching T.V. - this includes educational T.V.!

## **FOLLOW UP**

**Your baby's next well child visit is at 6 months of age. Make your appointment today.**

During this visit, your baby may receive the DaPT #3, IPV#3, HIB #3, Prevnar #3, and Rotavirus # 3 vaccines.

**REMEMBER TO TAKE THE 6 MONTH SURVEY ON OUR WEB SITE BEFORE YOUR NEXT VISIT!**