



Concord Children's Clinic
1040 Vinehaven Drive, Concord, NC 28025

Phone: 704-784-1010

Fax: 704-784-1013

www.ConcordChildrensClinic.com

Baby Business (A publication of Concord Children's Clinic) – 4 Month Edition

4 month edition: This month's baby business will discuss what parents should expect when the baby is around 4 months old.

Immunizations

Your baby will receive Immunizations today, according to the currently recommended schedule.

- You can expect mild soreness and possibly fever (100.5-103 degrees F). Giving your baby Tylenol may relieve these symptoms.
- **Tylenol can be given every 4 hours for a 24-hour period. Please check dosage with the provider.**
- Please call our office **IMMEDIATELY** if your baby has a severe reaction to the immunizations.

Nutrition

Between 4&6 months, preferable 4 months your baby will be ready to begin to eat solid foods. Discuss the timings of the feedings with your health care provider.

- Begin with fruits and vegetables and then cereal. Feed this by spoon once a day and then you may go to twice a day. Rice cereal is a good source of iron that your baby needs at this age; other baby cereals may be tried after 6 months. Peanut powder can be added to the meals.
- Once your baby masters the use of a spoon, you may begin to feed him/her strained vegetables and fruits. Start with the vegetables first and then add fruit. Once you begin these, introduce only one new food at a time every several days. If your baby develops digestive problem with the new food, do not give it to him/her for a month or two and then try again. Babies frequently make a face when a new food is tried that is not sweet, continue offering this food, she will usually begin to eat it without resisting. Picky eaters are often trained to be picky eaters. As a parent it is your responsibility to teach your baby to like nutritious foods.
- **DO NOT** let your baby take a bottle to bed, this leads to tooth decay.

Development

At 4 months of age your baby's personality will really begin to shine.

- He/she will be aware and interested in his/her surroundings. He/she will laugh, coo and babble and loves to hear you talk and sing.
- He/she likes to grab and hold onto things like rattles and soft toys.

Fever Facts

Fevers are common in babies this age. Fevers are a sign that your baby's body is fighting an infection, most likely a viral infection.

- Rectal thermometers are the most accurate for this age baby. A fever is defined as a rectal temperature of **100.4 degrees F** or more. Armpit temperature are less accurate and run 1-2 degrees lower than rectal readings. Fever itself is not harmful and fever less than 107 degrees F does not cause a brain damage. A small percentage of babies may have a brief convulsion at the onset of a fever. These are frightening but do not cause any harm.

Call our office **IMMEDIATELY** if your baby is sick and:

- Crying inconsolably, cries if you touch or move him/her, is unable to swallow, is difficult to wake, has purple spots on her skin, looks and acts very ill, has a stiff neck, has a temperature greater than 105 degrees F, has a seizure or has difficulty breathing that is no better after clearing the nose.

Call our office **WITHIN 24 HOURS** if your baby:

- Has a temperature of 103-105 degrees F, acts like she has an ear infection, has diarrhea with blood or mucous, or has a fever for more than 24-48 hours with no obvious cause.

Call our office **DURING REGULAR BUSINESS HOURS** if your baby:

- Has a fever for more than 72 hours or if you have any questions or concerns.

(The above Fever facts is adopted from Schmitt: Your Child's Health)

Antibiotics

Antibiotics do not kill or even harm viruses. Viral infections are cured by your baby's own immune system. Viral infections can cause the common cold, most stomach and intestinal infections, throat infections, the flu and the chickenpox.

- Antibiotics are medications that kill germs known as bacteria. They treat illnesses such as ear infections, strep throat and pneumonia. Due to improper overuse of antibiotics for viral illnesses, antibiotics taken by mouth do not kill many bacteria. We **DO NOT** prescribe antibiotics without seeing your baby, to avoid improper use of antibiotics.

Home Safety

Please remember that the biggest threat to your baby's life and health are accidents. Please begin to 'baby proof' your home.

- Lower your baby's crib mattress. Remember to avoid clothes, cribs, toys and pacifier holders with long strings that can strangle your baby. Do not put your baby's crib near mini blinds or window treatments.
- Be sure there are plug protectors in **ALL** empty electrical outlets in your home.

Poison Control

Be aware of the poisonous substances in your home that your baby may ingest.

- Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach. Remove any poisonous plants from your baby's area.
- Keep the poison control # posted by your telephone. **1-800-222-1222**

Hot Water Safety

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F**.

- If you need to change the water temperature in your home, please ask the provider for instructions on how to do this.

Cigarette Smoke Exposure

DO NOT let anyone smoke in your house or car.

- Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma and SIDS (crib death).
- We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

Home Smoke Alarms

Be sure to have a correctly working smoke alarm in your home.

- Test the batteries in your smoke alarm **MONTHLY**.
- Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

CPR

- Please take a CPR course at your local Red Cross, YMCA or college.

Car Safety

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- Make sure that your baby's car seat is installed correctly.
- For this age, car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.
- Never leave your baby in the car **ALONE**.

Next Checkup: 6 MONTHS

Your baby's next checkup is at 6 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9 and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on check ups and immunizations is one of the best things you can do for your baby's health.