

HEALTH SUPERVISION VISITS

FOUR MONTH VISIT

INFANT BEHAVIOR

- Continue regular feeding/sleeping routines; put baby to bed awake but drowsy
- Put baby to sleep on back, don't use loose, soft bedding; lower crib mattress before baby can sit up; choose mesh playpen with weave; never leave baby in with drop side down
- Use quiet (reading, singing) and active ("tummy time") playtime; provide safe opportunities to explore
- Continue calming strategies when fussy

NUTRITION AND GROWTH

- Exclusive breastfeeding during the first 4-6 months is ideal; iron-fortified formula is recommended substitute
- Cereal can be introduced between 4-6 months, when child is developmentally ready
- If breastfeeding; Recognize growth spurts; plan for safe pumping/storing of breast milk
- If formula feeding: Prepare/store formula safely; 8 to 12 times in 24 hours; hold baby semi-upright; don't prop bottle; no bottle in bed

SAFETY

- Use rear facing car safety seat in back seat; never put baby in front seat of vehicle with passenger air bag
- Always use safety belt; do not drive under the influence of alcohol or drugs
- Don't leave baby alone in tub, high places (changing tables, beds, sofas); keep hand on baby; don't use infant walker
- Set home water temperature < 120 degrees
- Avoid burn risk to baby (hot liquids, cooking, ironing, smoking)
- Keep small objects, plastic bags, away from baby
- Check for sources of lead in home.

DEVELOPMENT

- Roll over
- Follow to 180 degrees
- Grasps rattle
- Laughs
- Regards own hand

- Turns to rattling sound