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## **4 MONTH VISIT**

**Date of Visit:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Head Circumference:** \_\_\_\_\_

### **DEVELOPMENTAL MILESTONES (obtained from MedlinePlus):**

#### PHYSICAL AND MOTOR SKILLS

- Show a slowing of weight gain to approximately 20 grams per day
- Demonstrate the fading of the infant reflexes ([Moro reflex](#), asymmetric tonic neck reflex, rooting reflex, and Perez reflex)
- Have almost no head lag while in a sitting position
- Be able to sit up straight if propped
- Raise head 90 degrees when placed on stomach
- Be able to roll from front to back
- Try to reach objects with hands (may commonly overshoot)
- Play with rattle when it's placed in the hands, but won't be able to pick it up if dropped

- Be able to grasp rattle with both hands
- Be able to place objects in mouth

#### SENSORY AND COGNITIVE SKILLS

- Have well-established close vision
- Have beginning eye-hand coordination
- Be able to babble and coo
- Be able to laugh out loud
- Anticipate feeding when able to see a bottle (if bottle-fed)
- Begin to show memory
- Demand attention by fussing
- Recognize parent voice or touch

#### PLAY

- Place the baby in front of a mirror
- Provide bright-colored toys to hold
- Repeat sounds the infant makes
- Help the infant roll over
- Use a swing or stroller

#### **VACCINES:**

Diphtheria, Tetanus and Acellular Pertussis  
 Polio Vaccination  
 Prevnar (Pneumococcal Vaccination)  
 Hemophilus Influenzae Type B/Hepatitis

#### **DIETARY EXPECTATIONS (obtained from [www.kidshealth.org](http://www.kidshealth.org)):**

This is the time when most infants are introduced to solid foods. With about 1 week to the 4 month mark you can begin to introduce cereal. This should happen as single grain rice cereal, provided there is no known allergy to rice products. This rice cereal should be introduced with a spoon and not by increasing the size of the bottle's nipple and feeding that way. Your baby may take a little while to "learn" how to eat solids. During these months you'll still be providing the

usual feedings of breast milk or formula, so don't be concerned if your baby refuses certain foods at first, or doesn't seem very interested in food. It may just take some time.

### **HOW TO START SOLIDS:**

When your baby is ready and the doctor has given you the OK to try solid foods, pick a time of day when your baby is not tired or cranky. You want your baby to be a little hungry, but not all-out starving; you might want to let your baby breastfeed a while, or provide part of the usual bottle. Have your baby sit supported in your lap or in an upright infant seat. Infants who sit well, usually around 6 months, can be placed in a high chair with a safety strap.

Typically, a baby's first food is a little iron-fortified, (this should not have any mixed in fruits) infant rice cereal mixed with breast milk or formula. The first feeding may be nothing more than a little cereal mixed in a whole lot of liquid. Place the spoon near your baby's lips, and let the baby smell and taste. Don't be surprised if this first spoonful is rejected. Wait a minute and try again. Most food offered to your baby at this age will end up on the baby's chin, bib, or high-chair tray. Again, this is just an introduction.

**Do not** add cereal to your baby's bottle unless I instruct you to do so, as this can cause babies to become overweight and doesn't help the baby learn how to eat solid foods. Once your infant gets the hang of eating cereal off a spoon, and you've seen no evidence of allergic reaction, you can move to 1/3 to 1/4 of a cup divided over 24 hours. These samplings of cereal should be divided into a breakfast, lunch and a dinner meal.

### **FOODS TO AVOID FOR NOW:**

Some foods are generally withheld until later. Do not give eggs, cow's milk, citrus fruits and juices, and honey until after a baby's first birthday. Eggs (especially the whites) may cause an allergic reaction, especially if given too early. Citrus is highly acidic and can cause painful diaper rashes for a baby. Honey may contain certain spores that, while harmless to adults, can cause botulism in babies. Regular cow's milk does not have the nutrition that infants need. Fish and seafood, peanuts and peanut butter, and tree nuts are also considered allergenic for infants, and shouldn't be given until after the child is much older, depending on whether the child is at higher risk for developing food allergies. A child is at higher risk for food allergies if one or

more close family members have allergies or allergy-related conditions, like food allergies, eczema, or asthma.

Possible signs of food allergy or [allergic](#) reactions include:

- rash
- bloating or an increase in intestinal gas
- diarrhea
- fussiness after eating

For more severe allergic reactions, like hives or breathing difficulty, get medical attention right away. If your child has any type of reaction to a food, don't offer that food until you talk with someone in our office..