

Sanford Pediatrics, PA

1801 Doctors Drive

Sanford, NC 27330

919-774-7117

3rd WELL CHILD VISIT

3-4.5 Months

Suggested Diet:

Breast milk or formula is still the mainstay of your baby's diet for the next two months. During these next two months you will probably notice a gradual decrease in the infant's appetite for milk as he/she takes more and more solids. Bottle fed infants will take somewhere between 24 and 32 ounces per 24 hours.

Cereals can be introduced at four months of age as a bland, easily digested starter solid food. Rice cereal is usually the first to be tried but oat cereal is also acceptable. Begin with about one teaspoon of cereal powder mixed with one tablespoon of formula or breast milk once a day and gradually work up over the first 10 days to one tablespoon of cereal powder twice daily. Always feed with a spoon! You may feed jar cereals but be aware that they tend to contain more additives than the powders.

Strained fruits and vegetables can be started once the infant has learned to feed well with the spoon. A suggested order of introduction for vegetables is: carrots, squash, peas, green beans, beets, mashed potatoes, sweet potatoes, spinach and broccoli. A suggested order for fruits is apples, bananas, peaches, pears, plums, prunes and apricots.

Juices may be introduced after four months but are not needed. Select the unsweetened varieties of apple, pear or prune juice. Dilute baby juices half and half with water to limit sugar intake. Limit to 4 ounces of juice per day.

Feeding reminders:

- Breast milk or iron fortified formula is still your baby's most important source of good nutrition while solids are being introduced. He/She should still get four or five milk feedings per day.
- Add new foods one at a time. Give only one new food every three to four days so that if the infant develops any side effects you will know the cause. If baby has a reaction such as a rash to a certain food or juice, stop feeding that food and wait at least one month before trying it again. Avoid feeding combinations of foods until you have successfully introduced all of the ingredients in that mixture.
- Do not give infant desserts such as puddings, punches or soft drinks. They are lacking in nutrition and have a high sugar content.
- Remember that babies have different tastes and preferences and as long as they are growing and developing normally, all is well.

Bowels:

The introduction of solid foods will probably change the baby's stool color and consistency. The stools will likely become more solid and take on color changes caused by food coloring in the food. Do not be alarmed by these changes.

Development:

Baby can or soon will:

- Roll over front to back or back to front.
- Hold head fairly steady when upright.
- Grasp objects and bring them to his/her mouth.
- Regard his/her own hands with interest.
- Turn to a voice.
- Begin to squeal, coo and laugh when excited.

Playtime:

The infant can now entertain him/herself for short periods of time. It is fine to place him/her on the floor on a blanket with toys or bright objects to catch his/her attention and stimulate development. Interact with your baby by playing games such as peek-a-boo or pat-a-cake.

Do NOT use infant walker. They do not help them walk faster and often cause accidents. Jumpers are safe but only for maximum of 30 minutes at most per day. It is best to leave the infant to his/her own devices to learn developmental milestones.

Safety:

With increased mobility comes increased risk of injury.

- Always use a crash-tested approved child car seat when taking the infant for a car ride. The safest place is in the back middle seat rear facing. The American Academy of Pediatrics recommends children remain rear facing until 2 years of age.
- Never leave the baby alone on an elevated surface or in a bathtub.
- Do not leave small sharp objects within baby's reach.
- Lock up or place out of reach all medicines, poisons, or chemical products.
- Do not prop bottles or leave bottles in baby's crib/bed.
- Do not smoke around the infant as this causes increased upper respiratory infections, asthma, allergies, and ear infections.

Sleep Problems:

Babies often awaken at night at this age. Until age six months it is still alright to breast feed or give the baby a bottle in the middle of the night for their nutrition. Once you have fed the infant, return him/her to bed as soon as possible. Try to avoid extensive interaction with your baby during the night, as this can create habits which are hard to break later. Taking baby to your

bed is not a good idea if you do not want the practice to continue. Babies are particularly prone to becoming attached to the family bed. If at all possible, baby needs his/her own room so that the rest of the family does not hear his every night time noise and vice versa.

Teething:

- Babies drool at this age as they explore objects with their mouths. Drooling does not necessarily mean that baby is teething.
- Usually teething starts around age 6-7 months but can begin as early as 4 months or as late as one year. Teething can cause low grade temperatures (101 or less), crying, and looser stools. Do not attribute high temperatures (101 or higher) or severe diarrhea to teething.
- Offer a cold clean dish cloth or teething ring for comfort. Acetaminophen (Tylenol) is probably the best medicine to offer for the pain.

Immunizations:

Your child will receive vaccinations today. Please review the information given to you and feel free to ask questions.

Some infants may be a little fussier after vaccines. Extra holding, rocking and soothing will help. Others may have a low grade fever. Ask your pediatrician or nurse for proper Tylenol (acetaminophen) dosing based on your infant's weight. Ibuprofen based products (Advil, Motrin) are not recommended until close to 6 months of age. For a swollen shot site, a warm wet cloth applied several times a day as a compress may help.

When to Call the Doctor:

- If your baby is fretful or irritable for more than 24 hours.
- If your baby's fever (100.5 or higher) lasts longer than 24-48 hours.
- If your baby screams inconsolably for more than 3 hours.
- If your baby is listless and not feeding well.
- If your baby has vomiting or diarrhea.
- If you are worried that your baby is "just not right".

Next Visit:

We would like to see your baby again in 2 months (6 months of age).