
Countryside Public Health



Health

TRACKS

Age 4 months

Greetings!

Hello again! I'm sure you've noticed the rapid change in your baby as he is becoming his own special person. Hopefully caring for your baby seems more comfortable and daily activities are getting back to normal. Now that your baby is more awake and alert you have more time to share together.

Your child's health care

Well-Child Check Ups:

Just a reminder to call and schedule an appointment for your baby's 4 month health check-up. You'll be amazed how much your baby has grown. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 4 month checkup.

Immunizations

At 4 months your baby needs the following set of immunizations:

- ♥ 2nd DTaP Vaccine
- ♥ 2nd IPV Vaccine
- ♥ 2nd HIB Vaccine
- ♥ 2nd HBV Vaccine if not started at birth
- ♥ 2nd Prevnar
- ♥ 2nd Rotateq (Oral)

tip

Let your baby see himself in a mirror. Place an unbreakable mirror on the side of the crib or changing table. You can also look in the mirror with him.

Be sure to have your health care provider record these vaccinations on your GOLD card. Remember to use non-aspirin medication if your baby has a fever or discomfort from the vaccines. Low dose immunizations are available if your health insurance does not cover vaccines or you do not have health insurance. Call us for more information.

Your growing child

In the next two months you will notice that your baby may do some of the following:

- ♥ Roll from side to side, then from back to front.
- ♥ Use hands and forearms to lift head and chest while lying on stomach.
- ♥ Will grasp a rattle.
- ♥ May start to teeth.
- ♥ Will look at his hands and play with his fingers.

- ♥ Will enjoy playing with someone.
- ♥ Will respond to familiar faces.

REMEMBER - Premature infants may develop more slowly. Feel free to contact Countryside Public Health if you have any concerns.

Feeding your child

You may begin to introduce solid foods to your baby between 4-6 months. Do not feel you MUST add solid foods. Many babies are fed only breast milk or formula for the first 6 months.

- He should be drinking 26-40 oz./day if formula fed.
- Start with rice cereal mixed with formula or breast milk and spoon feed it to your baby.
- Introduce one new food every 4-5 days so you can tell if your baby has an allergy.
- After he has taken cereal for 1 month, start vegetables & fruits.
- Choose plain, strained fruits and vegetables.
- Avoid fruit desserts, they have a lot of sugar in them babies don't need.
- It is normal for babies to spit out solid food, they have to learn how to use their tongue.
- May introduce a cup at 6 months, NO bottle for juice. Does not need juice until 1 year of age.
- Keep baby's mouth clean.
- Have lots of bibs, patience, and fun!
- See suggested feeding schedule on back.**

REMEMBER: Do not give your baby cow's milk before 1 year!

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.

**Call 1-800-244-6026
to see if you are eligible to receive WIC Program benefits.**

Common health concerns

Teething:

Babies usually start to teeth between 6-10 months of age. Signs of teething include:

- Drooling
- Fussiness and irritability

- Sleeplessness
- Poor appetite
- Chewing and biting on hands and toys

To make him more comfortable:

- Gently rub gums with clean finger.
- Offer cool rubber teething ring or clean washcloth to chew on.
- Give non-aspirin medication.
- **NO BABY ASPIRIN**

Ear Infections:

Babies often get ear infections, usually when they get a cold. Signs of ear infection include:

- Fussiness or irritability
- Vomiting
- Tugging or rubbing at ear
- May have a high fever
- May not want to suck on nipple or breast

Call your doctor if your baby has these signs. If he has an ear infection, he will usually be placed on medicine for 10 days to 2 weeks.

It is important to have his ears checked after the medicine is finished - sometimes babies need more medicine!

Safety check

Here are a few simple rules to follow to make sure that your baby is safe:

- ✓ Use an approved car safety seat every time your child rides in the car. It is the LAW and car seats save lives. Make sure baby faces the REAR of the car while in the car seat until age 1 year **and** 20 lbs.
- ✓ Never leave baby unattended in a car.
- ✓ Never hold your baby while smoking, drinking hot liquids or cooking by a hot oven or stove.
- ✓ Always stay with your baby when he is on a high place such as changing table, bed, sofa, chair, or kitchen counter.
- ✓ Check bath water with your elbow. Never leave baby alone in the bathtub.
- ✓ Always keep the sides up on your crib.
- ✓ Do not prop the bottle, your baby may spit up and choke.

tip

Give baby a toy or rattle to grasp. Let baby reach for toys while lying on tummy. Babies need time on their tummy - make sure you are present to keep an eye on them.

- ✓ Do not put your baby on a waterbed. Waterbeds may act like a big soft pillow and your baby may have trouble breathing.
- ✓ Check toys for small or loose parts that can get into baby's mouth.
- ✓ Remove mobile from crib if baby can reach - he could strangle himself.
- ✓ Set temperature of hot water heater to 120 degrees.
- ✓ Do not use sunscreen on babies under 6 months. Keep them out of the sun entirely. Ensure full shade with carriage hoods, canopies and umbrellas.

Positive parenting

Help your baby develop a sense of trust:

- ♥ Cuddle and play with baby often.
- ♥ Talk, sing and read to baby.
- ♥ Let your baby be near you when he is awake.
- ♥ Play with him during bath time.
- ♥ Allow older brothers and sisters to help with baby care such as getting diapers and supplies.
- ♥ Set aside special time for your other children such as bath time, play time, or reading before bed, even if it's short.

Suggested Feeding Schedule

Age in Months

Breast milk or formula	0-1 20-22 oz.	1-2 22-29 oz.	2-3 26-30 oz.	3-4 26-37 oz.	4-5 36-40 oz.	5-6 28-35 oz.	6-7 28-35 oz.	7-9 28-32 oz.	9-12 28-32 oz
Infant cereal (dry, without added fruit)	Not recommended.				3-5 Tbsp	4-6 Tbsp	4-6 Tbsp	4-6 Tbsp	4-6 Tbsp
Infant fruits (no desserts)	Not recommended					0-4 Tbsp.	0-8 Tbsp	2-8 Tbsp	6-8 Tbsp
Infant vegetables (alternate green & orange)	Not recommended					0-4 Tbsp.	0-6 Tbsp	2-6 Tbsp	4-6 Tbsp
Infant juice (from cup only)	Not recommended						0-4 oz.	0-4 oz.	0-4 oz.
Infant meat 2-6 Tbsp	Not recommended (plain, no dinners)						0-4 Tbsp.	0-4 Tbsp.	
Finger foods & Junior Foods	Not recommended							*	
Mashed table foods Junior Foods	Not recommended								*
Cow's milk	Not recommended								

We hope that you are finding our letters helpful. We will be writing again before your baby is 6 months old. Hug your baby and enjoy this precious time.

Please feel free to contact Countryside Public Health with any questions or concerns.

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215
320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241
320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN 56265
320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256
320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278
320-839-6135 or 1-866-277-5587

Health Tracks was adapted from Communities Caring
for Children MDH, NW District