

Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



Routine Physical Exam: 4 months

Development

- By 4 months, your baby should:

Hold his/her head steady without support, push down on legs when feet are on a hard surface

May be able to roll from tummy to back

Can hold a toy and shake it, can swing at dangling toys

Brings hands to mouth, reaches for objects

When lying on stomach, raises head and pushes up to elbows

Be more aware of their surroundings – has clearer vision (around 20/40), turns head towards bright colors

Eye color can start to change

Begins to babble with expression, squeal, laugh, copy sounds he/she hears

Let you know if he/she is happy or sad, respond to affection

- Your baby is no discovering that he/she is a unique individual & that people around them respond to their actions. They are learning to communicate and can use their face to express a variety of emotions. They are also beginning to read emotions from the voice and expressions of others.

- Visit: www.HealthyChildren.org, search topics like “Ages and Stages”, “Parenting Your Infant”;
www.ZeroToThree.org

Nutrition

- Continue breast milk or formula on demand.

- Breastfed babies require Vitamin D supplementation of 400 IU daily or 1mL (found over the counter as Trivisol, Vitamin D, or Polyvisol).

- Feed baby held in your arms to promote bonding. An upright position is preferred. Do not prop the bottle!

- Do not provide bottles for going to sleep as it can cause tooth decay.

- Babies do not require any additional water – they get all the fluids they need from breast milk and/or formula. Do not give baby raw honey!

- Visit:

Sleep

- Your baby should always sleep on his/her back in a crib or bassinette free of blankets, toys, or other objects. Baby will sleep an average of 14-16 hours per day and may be able to sleep 7-8 hours at night without eating. Once your baby can roll both ways, he/she can sleep in whatever position they prefer.

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- When baby is sleepy, put him/her in the crib. He/she may cry for 10-15 minutes before falling asleep, but learning to self soothe now is important for successful sleep habits later.
- Avoid letting baby sleep for more than 3 hours in a row during daytime hours. Between naps, play with baby in a well-lit room.
- Visit: www.HealthyChildren.org, search "Getting Your Baby to Sleep", "Your Baby's Head"

Safety

- Your child must be secured in a car seat for every ride! Infants should be in rear facing car seats according to your seat's manufacturer guidelines. Seat weight and height requirements should be followed carefully. The American Academy of Pediatrics recommends that children remain rear facing in the back seat until age 2 years.
- Normal baby wiggling movements can cause falls – do not leave baby unattended. Diaper changes on the bed, couch, and changing table can easily result in a fall to the floor without proper caution.
- Do not drink hot fluids when holding baby. At this age, babies wave their fists and can unexpectedly grab things like coffee cups, dangling cords, and table cloths.
- Do not small objects in baby's reach. Babies explore their environment by putting things in their mouths, which can be a choking hazard with very small objects.
- Keep plastic wrappers and bags away from baby. They can form a tight seal if placed over the mouth and nose, causing suffocation.
- Do not place baby on a waterbed, bean bag, or anything soft enough to cover the face.
- Your hot water heater should be set no higher than 120 degrees.
- Consider taking a CPR class.
- Use a rectal thermometer to take baby's temperature. Call the office for any temperature 101 degrees or over.
- Limit sun exposure – use sunscreen (SPF 50 for sensitive skin is fine for 2 months and older), hats, and try to keep baby in the shade!
- Maintain a smoke-free environment. Children exposed to smokers/second hand smoke are more susceptible to sudden infant death syndrome (SIDS), ear infections, breathing problems, and wheezing.
- Maintain working smoke and carbon monoxide detectors.
- Post emergency numbers near your phone and/or mobile phone contacts.
- Visit: www.HealthyChildren.org, search topics like "Infant & Toddler Car Seat Safety", "How To Take Your Child's Temperature"

Relationships

- Engage and entertain your baby by talking to him/her. At this age, babies do not learn language from screens of any sort (TV, smart phones, etc.) so turn them off and use real dialogue instead!

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- To promote speech, continue to reach to your baby. Also, remove batteries or turn off the sound from toys that do all the talking/singing to your baby as babies should not be passive listeners to toys at this age.
- Let baby explore new textures. Touch and feel board books are ideal for this age.
- Visit: www.HealthyChildren.org; www.ACOG.org, search “postpartum depression”

Office Policies

- We like to see infants at regular intervals: 1, 2, 4, 6, 9, 12, 15, 18 months, 2 years, and then annually thereafter. We schedule 3 months in advance. We try to alternate visits between your child’s pediatrician and pediatric nurse practitioners (PNP).
- Please note that many insurance companies require referral authorizations for outpatient appointments, urgent care visits, & other services. It is your responsibility to understand your insurance benefits so you should familiarize yourself with your plan’s referral requirement. Please call the Referral Department if you need to request a referral 781-933-0254.
- We follow the recommended vaccine schedule as indicated by the American Academy of Pediatrics & Centers for Disease Control. View vaccine information statements (VIS) at: www.immunize.org/vis
- Sign up for the Patient Portal to access vaccine history & lab results. You may also sign up for text and voice appointment reminders. See a staff member for details!
- Traveling outside of the country in the next few months? Be sure to contact our nurses to determine if your child will need travel vaccines/medications prior to departure.

When should you call for further assistance?

- If you are concerned that your child is not eating, growing or developing normally
- If baby seems sick and/or has a fever
- If you need more information about how to care for your child, or have additional questions or concerns