



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED: (if checked)

- DTaP (Diphtheria Tetanus and Acellular Pertussis Vaccine)
- HIB (Haemophilus Influenza B Vaccine)
- IPV (Inactivated Polio Vaccine)
- Pevnar (Pneumococcal Vaccine)

NEXT VISIT: _____

NOTES: _____

FOUR MONTH WELL BABY EXAM

Nutrition

It is finally time to introduce solid food if you want, or you can wait a couple of months. We recommend starting with iron-fortified rice or barley cereal, once or twice a day, in a spoon. If that is well accepted you can move on to the yellow vegetables – carrots, squash, and sweet potatoes. Don't give juice yet – too much sugar, not enough nutritional value.

Development

Many babies can sleep through the night at this age, but not all. They notice objects as small as a raisin, turn toward voices and sounds, and even recognize parents' voices. They imitate speech sounds, and may roll over and lift their bodies on their arms. Crying can mean your baby is hungry, needs a diaper change, needs to be held, feels tired, or feels sick.

Play and Toys

Usually a baby likes to be rocked and cuddled. You can talk or sing or play music, but it's generally best to do it softly. Tummy time can be fun and help with development. Mirrors and mobiles add interest, as do brightly colored toys and rattles. It is good to let a baby use his or her hands and feet to explore. They may reach out for the toys and bat them at this age.

Safety

- Start child-proofing the house – see our child-proofing handout in Dr. Shenkin's Guide.
- Use a rear-facing in car seat until one year old. That's the law!
- Careful with baby walkers: they can cause serious injuries and some say they delay walking.
- Check furniture and toys for sharp edges.
- Put poison control number on all phones: 1-800-222-1222.
- Consider taking a CPR class.
- Use hats and sunscreen (SPF 30). Or, better, avoid sun altogether.
- Protect against falls from the changing table.

When to Call Bayside

- Unexplained irritability.
- Decreased drinking and decreased urination.
- Difficulty breathing or severe cough.
- Fever over 104°. Always use a thermometer, not your hand.

Recommended Books

Your Child's Health by Barton Schmitt.
What to Expect the First Year by Eisenberg, Murkoff, and Hathaway.
The American Academy of Pediatrics Guide to Your Child's Nutrition
 by William H. Dietz and Loraine Stern.
Sleeping Through the Night by Jodi Mindell.
Infants and Mothers by T. Berry Brazelton.