

INFANT EXAM – FOUR MONTHS

DATE: _____

HEIGHT: _____ WEIGHT: _____

DEVELOPMENT:

1. Starting to roll over.
2. Laughs out loud.
3. Starting to reach.
4. Everything goes in mouth.

ACCIDENT PREVENTION:

1. *Always* use a car seat. Use a rear facing seat until baby weighs 20 pounds and is at least one year of age.
2. Many babies are rolling over consistently at four months—watch them on the changing table or any other high surface.
3. Use infant seat on floor only.
4. Avoid smoking or hot drinks while holding baby.
5. Avoid toys with small parts.

NUTRITION:

1. Some babies (or parents) ready to start solids.
2. Continue breastfeeding or infant formula with iron.

ILLNESS:

1. First cold—Saline Nose Drops (Ocean, NaSal, etc).
2. Acetaminophen Drops—0.8 mL every 3-4 hours if temperature over 101 degrees rectally.

NEXT VISIT:

At six months of age.