

OLD TAPPAN PEDIATRICS

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FOUR MONTHS

MILESTONES

Smiles, coos, laughs, squeals
May roll from stomach to back
Holds head
Reaches for objects
Follows objects 180 degrees

NUTRITION

Breastfeeding or formula on demand. Baby should be taking about 24-28 ounces daily.

The guidelines for feeding have changed drastically in the past year. If possible, rice cereal (which used to be considered the accepted first food) should be substituted with a whole grain choice for better nutrition. Additionally, our understanding of food allergies has evolved and now it is believed that earlier introduction of various foods will actually decrease the likelihood of allergy. Therefore, you are welcome to start your baby with any of the food group (whole grain cereal, fruits, veggies, even meats).

GOOD RULES OF FEEDING: Some people suggest giving one new food at a time and waiting a few days between new foods. At a bare minimum, you should keep track of the foods you give and when to be able to have good information if reactions arise.

ABSOLUTE RULES: No milk till one year, no honey till one year, and when more textured foods are introduced, avoid choking hazard foods (nuts, whole grapes or hot dogs, sucking candies, etc.).

VITAMINS

If nursing, give an over the counter vitamin D supplement (ask if you have questions)

ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age
Put baby on back to sleep
Smoke-free environment
Never leave baby unattended as he/she may roll
May use highchair or exersaucer
NEVER USE WALKERS
If it's flu season, make sure you and your baby's caretakers are vaccinated.

NEXT VISIT

6 months