

4 month visit



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Diet:

The formula or breast milk will continue as before.. We start solids at 4 months. In other countries, the starting of solids can occur as early as 2 months and can start with strained carrots, buckwheat or any variety of foods. We usually start with cereal. This is because it is convenient. It is a powder and by adding different amounts of water you can change the texture, thicker or thinner. You can make small amounts which is convenient to start. So, cereal is most convenient but not the only option.

I suggest you start with cereal usually at 4 months of age. Baby pablum or cereal is provided in an add-water form (eg. milupa), or an add-formula type. I suggest the add water cereal. You may use tap water as sterilizing by this point is not needed. Add enough water to make the cereal loose but not runny and give with a spoon (not in a bottle). As an infant improves with swallowing, you can slowly increase the amount and eventually add fruits and veg. There is no point in adding fruits etc until the baby is able to take at least 2 tablespoons at a time.

You may hear about 'rules' regarding feeding such as starting with veg first, going in a very particular order of colours or waiting several days to see if there is some 'reaction'. I do not recommend any of these. You may start any fruits or vegetables, any order, any time. Typically by 6 months an infant is taking a few tablespoons of cereal in the morning, a few of fruit at lunch and a few of vegetables at dinner. Maximum intake would be 3 small jars in an entire day. Taking too much solid food will result in taking less milk. Formula

or breast milk is the most important food at this point. We want 25-30 ounces of milk at this age.

Development

We are looking for head control. Babies are able to lift their heads up while on their tummy first as the neck muscles at the back are stronger. By 4 months, they should lift their heads up while lying on their backs. We pull them up gently by the arms to assess this. They should laugh and chuckle as well as smile. They should be reaching and grabbing now as well. They are not able to pass from hand to hand yet.

Exam

We do a complete exam but focus on head control and normal neurological development.

Vaccines:

same as at the 2 months visit- pediacel, prevnar and rotarix.

