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## 4 months

Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

### Four month old can:

- Roll over
- Play with hands
- Sit with support
- Bear weight on legs

### Foods:

- Rice cereal with a spoon between 4-6 months
- Wipe gums or brush teeth

### Stimulation:

- Help stand up
- Feels different textures
- Place objects within reach
- Read, sing, dance
- No tv until 2 years old

### Sleep:

- Night weaning
- Self soothing

### Safety:

- Car seat- rear facing until the age of 2
- Never leave child unattended in car or bath
- Sleep on back
- Can roll off fat surfaces (ex: couch, bed)
- Water temperature should be below 120 degrees F

**Vaccines:** Most infants have no after effects with vaccines, some may have more irritability or fussiness.

Redness or swelling at the site of the shot, use ice and massage;

Contact your doctor if your child's symptoms are severe or last longer than 48 hours.

### Suggested Reading:

*The Baby Sleep Solution* by Suzy Giordano

*What to Expect in the First Year* by Heidi Murkoff

### Resources:

[www.healthychildren.org](http://www.healthychildren.org) (American Academy of Pediatrics)

Return: 6 months of age

### Medication:

Tylenol for fever 2.5 ml up to every 4 hours

No cough meds

Saline and suction for cold symptoms



## How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time
- walk-through video or check out the video tutorial  
[www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at [staceyw1022@gmail.com](mailto:staceyw1022@gmail.com) or 385.7776

