



FOUR MONTH VISIT Anticipatory Guidance

Safety

- **Car Seat Safety.**
 - Use a rear facing car seat in the back seat of your vehicle. Read more about car seat safety at [healthychildren.org](https://www.healthychildren.org) and the [CDC](https://www.cdc.gov).
 - Schedule a free car seat check with a child passenger safety technician through [BuckleUpNC.org](https://www.buckleupnc.org) or [Naissance Education and Wellness](https://www.naissanceeducationandwellness.org)
- **Safe Sleep and Prevention of Sudden Infant Death Syndrome**
 - Your baby should sleep in your room for at least the first 6 months
 - Place your baby **alone** in the crib without any bumpers, loose blankets, or toys
 - Place your baby on his **back to sleep** until he is able to roll himself over.
 - Place your baby to sleep in his own **crib** or other safe sleep surface with a **firm, flat mattress** such as a bassinet or pack and play.
 - Avoid tobacco exposure. Keep your car and home smoke-free.
- **Stop swaddling your baby for sleep.** It is ok to continue using a sleep sack as long as baby's arms are free.
- To prevent falls, never leave your baby unattended on a bed, couch, or changing table.
- Avoid direct sun exposure until infant is 6 months old.
- Never hit or shake your baby.
- Baby walkers are not recommended but nonmobile supports such as activity centers are ok.

Health

- **A fever is no longer an emergency. If your baby is lethargic, extremely irritable, has labored breathing, or isn't eating, call us right away.** If your baby's temperature comes down some with Tylenol and they seem comfortable and happy, you can treat symptoms at home. Call for an appointment if the fever lasts more than 2 or 3 days or if you notice concerning symptoms.
- **Dental Health**
 - Try not to share spoons with your baby or use your mouth to clean the baby's pacifier as you can pass bacteria that cause cavities to your baby.
 - Clean your baby's teeth (as soon as you see the first tooth) with a soft cloth or toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice).
 - At this age, it's normal for your baby to drool and put her hands and other objects in her mouth. It does not necessarily indicate teething.
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

Feeding

- Feed your baby breastmilk or iron-fortified formula. Do not give plain water yet.
- Some babies are ready for solid foods between 4-6 months of age. We will discuss introduction of foods at your baby's 4 month well check.

- **Breastfeeding**
 - Give your baby **Vitamin D 400 IU** per day through 12 months of age. (D-vi-sol, Zarbees, Baby D drops, and Carlson's D drops are some options).
 - Schedule a lactation visit with us to address any feeding concerns
 - If you are pumping, read about [safe breastmilk expression and storage](#).
- **Formula feeding**
 - Typically, babies this age drink 28-32 ounces per day.
 - Vitamin D is already added to formula so no supplement is needed.
 - Always hold your baby's bottle, never prop it.
 - Don't give your baby a bottle while in the crib.
 - Read about [safe formula preparation and storage](#).

Development

- Talk, read, and sing to your baby often.
- Encourage active play with floor gyms and colorful toys to hold.
- Develop a schedule for naps and bedtime. Try to put your baby down awake but drowsy so she learns to fall asleep on her own.
- Put your baby on her tummy for short periods of time. Do not leave her alone on her tummy.
- Try not to have the TV on in the background or use a TV or screen to calm your baby.

Caring for your Family

- Talk with us if you have questions about childcare.
- Choose mature, trained, responsible babysitters and caregivers.
- If you feel overly sad or anxious, you may have postpartum depression or anxiety. Please reach out to your doctor or to us for help.
- If you are worried about your living or food situation, talk with us. We can connect you with community resources such as WIC and CC4C.

Next Well Check: 6 months of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your baby.