

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 (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 breastfeeding, give Tri-Vi-Sol 1 dropperful daily (over the counter Vit A,C,D supplement)

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

NEXT VISIT

6 months