



4 Month Check-Up

Date_____

Head_____

Length_____

Weight_____

Nutrition

- Continue **exclusive** breastfeeding or formula feeding until 6 months of age. The American Academy of Pediatrics recommends waiting until 6 months of age to introduce solid foods. This includes rice cereal, juice, or any other form of nutrition. Breastfeeding and formula feeding should continue after solids are introduced.
- Never prop the bottle.
- Don't allow your baby to take the bottle to bed with him/her.

Development

- Your baby should be moving side to side in preparation for learning to roll over.
- Tummy time will help your baby gain trunk strength and head control.
- He/She should be able to move his/her arms and legs equally well.
- You will notice increased drooling and mouthing activities.
- Babies this age begin reaching for objects.

Teething

- The age of eruption of teeth varies. It can happen between now and one year of age.
- Begin good dental hygiene early by using a soft bristle toothbrush and water on your baby's teeth and gums. You can do this twice a day.

Positive Parenting

- Encourage your baby's language development by responding to him/her cooing, babbling, laughing and squealing.
- Spend time cuddling and holding your baby. This makes him/her feel cared for and secure. **You can never spoil your baby**
- The best time to play with your baby is when they are alert and relaxed.
- Parenting is hard work! Take care of yourself physically, mentally, and emotionally. It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.
- TV is not recommended **at all** in children less than 2 year olds. It may harm your baby's brain development.

Safety

- This is the time to childproof your home:
 - Safety plugs on electrical outlets
 - Safety latches on all cabinets and drawers
 - Electrical cords secured
 - Cleaning supplies and medicines in locked cabinets
 - If you own guns, keep them unloaded and in locked cabinets at all times.
 - Keep wastebaskets out of reach.
 - Never leave small objects, plastic bags, and strings within reach.



- Keep ashtrays, cigarettes, matches out of reach.
- Keep shade and blind cords out of baby's reach.
- Be conscious about your baby's environment. He/She is vulnerable to chemicals, sprays, cleaning products, and other possible toxins.
- Toys should be age-appropriate. Be particular about what you allow your baby to chew on.
- **Always** use a properly installed rear-facing car seat.
- **Never** leave your baby unattended near water including baths, toilets, buckets of water.
- **Never** shake your baby.
- Prevent falls. Never leave your baby unattended on changing tables, sofas, beds, etc.
- It is best not to use walkers because they are a safety hazard and can slow motor development.
- Prevent choking. Keep all small objects away from baby.

Sleeping

- Babies this age typically have short, frequent deep and light sleep cycles.
- During lighter sleep, your baby may cry out or move around in their bed. You can try allowing your baby to fall asleep on his/her own.
- Listen to your baby's cues because some of these awakenings may still be related to hunger.

When to seek help

- Fever associated with difficulty breathing, fevers associated with skin rashes, or feeding problems
- Prolonged fever (more than 3 days)
- If you are unsure, please call for advice.

Who to call

- During usual weekday hours, you can call the main clinic number

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Avenue
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive #A-1
Lebanon, OR 97355
541-451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.