



Four Month Preventive Exam

Immunizations

Pentacel (DTaP–Polio–Hib combination), Prevnar13 (Pneumococcal conjugate vaccine), and Rotavirus. Fever, fussiness, or a sore lump at one of the injection sites may occur for 24 to 48 hours after the vaccines. Use acetaminophen as needed. Click here for our [Medication Dosing Guide](#) to see recommended dosing. Please call if a more severe reaction occurs.

Development

Your child should now be laughing and making happy, squealing sounds. She should follow you with her eyes as you walk around the room, and turn toward your voice when you talk to her. She should use her hands to grasp and play with small hand toys such as rattles. Some 4-month-olds are rolling over, but others wait until about 5 months of age to roll. Continue as much tummy time while awake as you can. Watch for her to transfer toys from hand to hand and to start making “raspberry” sounds (spitting sounds with her lips). Avoid using the television as “background noise” or as “something for her to look at.” She is better stimulated with human interactions.

Diet

Your child can start solid foods some time between 4 and 6 months of age if he shows interest. Historically there has been concern about allergies, but now we know that if your child is going to be allergic to something, it doesn't matter when he is exposed. As you introduce solids, give him foods of a consistency that he can put in his own mouth such as mashed bananas, avocado, sweet potatoes, steamed vegetables. He can eat 1–3 times/day depending on the family routine. If exclusively giving breast milk, look for iron-rich foods and continue vitamin D supplementation. To help with sleeping through the night, make sure he is put in his crib when he is still awake so he learns to self-calm. Do not put his bottle in his bed or prop it in his mouth.

CAUTION: KEEP BABY POWDER, HOUSEHOLD CLEANERS, AND SMALL OBJECTS OUT OF YOUR CHILD'S REACH AS ACCIDENTAL INGESTIONS AND ASPIRATIONS MAY OCCUR. KEEP FIREARMS LOCKED UP. AVOID WALKERS WITH WHEELS. BABIES SHOULD NOT BE EXPOSED TO TOBACCO SMOKE.