



# 4 Month

CHECK UP

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## **NEW WINDSOR PEDIATRICS, PLLC**

448 Temple Hill Road      377 Broadway  
New Windsor, NY 12553      Newburgh, NY 12550  
PHONE: 845-562-2191      FAX: 845-913-7172

OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.  
Sat. 8:00 a.m. – 3:00 p.m.      Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

## **SAFETY**

1. Always use rear facing car seat while driving.
2. Never leave baby unattended unless in crib or playpen. Babies can fall off of high places even if you think they cannot move.
3. Do not tie pacifier string around baby's neck.
4. Protect baby's skin from sunlight. They can burn easily.
5. Bathe infant in very shallow water and never leave unattended near water.
6. Check smoke detectors. There should be one on every floor.
7. ONLY use stationary play stations, many babies have been injured when using infant walkers.

## **NUTRITION**

Breast milk or formula should remain the only source of milk for the first year of life.

### **BABY FOODS:**

- Allow baby to tell you how much he/she wants
- Start with rice cereal, good source of iron and hypoallergenic
- Add fruits and vegetables with one new food every 3 days
- Avoid mixed foods to start
- Avoid meats until 8-9 months old
- No honey for babies under 1 year of age due to possible botulism
- Call if rash, diarrhea or vomiting and stop the latest food

## **TODAY'S IMMUNIZATIONS**

DTaP, HIB, Polio, Rotovirus & Pneumococcal

Less than 20% of babies will feel effect from shots. Can give Tylenol if fever. Call if fever is greater than 102, excessive crying or unusual behavior.

**NEXT VISIT:** Please return for next check up when baby is 6 MONTHS. Scheduled vaccines are third set of today's vaccines.

## **DEVELOPMENT**

Babies are very social and interactive. They coo, laugh and vocalize. He or she should have good head control and may even start to roll over. You will see reaching for toys and holding objects. Your baby should turn his or her head to your voice and sounds.