



# 4 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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## What will happen today:

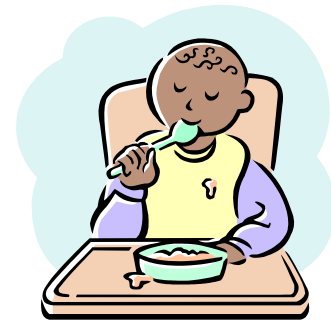
- You and your medical provider will talk about parenting, your home, your baby's health and safety, and keeping your baby happy and healthy
- Your baby will be weighed and measured
- They are due for their second set of shots
- Your medical provider will address any concerns you have

## How do I know my baby is ready for baby food?

- Your baby can hold up their head without help
- They can move their tongue around
- Your baby can already take cereal from a spoon

## How to Start:

- Your baby should only have very smooth-textured foods
- Use a small spoon with plastic coating
- Start with rice cereal from a spoon (Do NOT put in bottle)
- Next introduce baby foods. ONE NEW TYPE EACH WEEK (so you can know if it causes an allergic reaction)



## Avoid these Foods:

- NO honey until 1 year old!
- NO hot dogs, grapes, peanuts, or other foods your baby can choke on! NO juice until 1 year old (give in a cup)!
- NO table food until 9 months old!







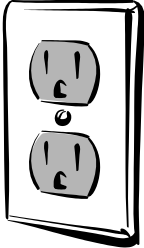







Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 4 Month Olds

|                       |   |   |   |
|-----------------------|---|---|---|
| <b>Development</b>    |  <p>Your baby will start rolling over</p>              |  <p>They will start putting things in mouth</p>               |  <p>Your baby will be making more sounds</p>                                   |
| <b>Child-Proofing</b> |  <p>Keep medicines out of reach</p>                    |  <p>Keep cleaning products locked in cabinets out of reach</p> |  <p>Keep small objects and plastic out of reach so baby can't put in mouth</p> |
| <b>Safety</b>         |  <p>Cover wall sockets</p>                           |  <p>Keep cords out of reach</p>                              |  <p>Never leave your baby unattended in a tub or on high surfaces</p>        |
| <b>Activities</b>     |  <p>Daytime tummy time (continue back for sleep)</p> |  <p>Continue reading to your baby</p>                       |  <p>Continue socializing with your baby</p>                                  |

At the next visit:

- Your baby will have a physical exam
- They may receive shots

