

# CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD  
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS  
BY APPOINTMENT

TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:  
201-391-2020

## 4 MONTH OLD

<b>6:00 A.M.</b>	Breast or Bottle ( <i>as Enfamil Lipil with Iron</i> )
<b>8:00 A.M.</b>	Tri-Vi-Sol 1 dropperful, if breastfeeding
<b>10:00 A.M.</b>	Infant cereal ( <i>fortified with iron</i> ) Breast or Bottle
<b>2:00 P.M.</b>	Breast or Bottle
<b>6:00 P.M.</b>	Infant cereal ( <i>fortified with iron</i> ) Breast or Bottle
<b>10:00 P.M.</b>	Breast or Bottle

Baby should have settled into a fairly predictable eating schedule and most should be sleeping 6-8 hours a stretch at night. Babies who are solely breast-fed may wait until six months to start solid foods.

## 4 MONTH OLD

### FEEDING SUGGESTIONS

Infant cereal (fortified with iron) can be offered twice daily by spoon. It should be mixed with breastmilk or formula. Start with a thin consistency until baby gets used to it. Begin with rice cereal, and once your baby seems to be taking it in well (days to a couple of weeks) you can move on to other cereals. Start with 1-2 teaspoons and move up to 2-3 tablespoons. If your baby balks at the taste, you can try mixing in some stage one fruits with the cereal. Over the next few weeks you can start adding fruits and vegetables. Start with stage one (single foods). The only rule is: start with one new food at a time, use it for a few days and make sure there is no reaction like vomiting or facial rash. Then you can try another fruit or vegetable. Good first choices are: peas, carrots, green beans, bananas, apples or pears. If your baby refuses one food, try it again in a few weeks. Babies' tastes change and evolve continually. You cannot over-feed your baby. If they want more baby food you can give more. Your baby should still drink about the same amount of formula or breastmilk as before.

### GROWTH AND DEVELOPMENT

Between the fourth and fifth month the average-size baby doubles his birth-weight.

The baby will explore objects with her mouth-this is a part of normal development and does not signify imminent tooth eruption. Actual teething may begin now. The first tooth appears on average at about 7 months of age but there is a wide range of normal (3-15 months). If your baby seems upset because of teething you can give her a teething ring made of rubber or some Tylenol. Fever greater than 100.5° F. is not from teething and you should call your doctor. Never let your baby fall asleep with a bottle for naps or bedtime because this creates dental caries.

The social 4-month-old infant coos and laughs and recognizes family members and caretakers. He/she reacts to music and loves to be sung to. Head control is much better and you can start using an exersaucer for play. Never use a walker with wheels. The baby can turn his head from side to side and reach for toys. He/she can begin to pick up objects crudely without the use of his/her thumb. He/she should be offered plastic or rubber toys that are soft to play with. The toys should be small enough to hold but too large to swallow.

Baby may be turning over and should never be left alone on a changing table or couch. Also, never leave a baby alone in the bath or near a pool of water, no matter how shallow it is. Infants can drown in just a few inches of water.