

**4-6MO**  
**PEDIATRIC**  
**CARE ADVISOR**



**Well Child Care**  
**4-6 Months**



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

# Nutrition

Your baby should continue to take breast milk or formula. The American Academy of Pediatrics (AAP) recommends that solids be started between four and six months of age. Here are some guidelines if you would like to start solids before the next well child check:

- For most babies, the first solid food is rice cereal. The consistency can be varied by mixing with formula or breast milk. If your baby spits it out, your baby is probably not ready. Wait 1-2 weeks before trying again.
- You can introduce pureed fruits and vegetables or stage 1 baby foods. Space out each new food by two to three days so if your baby has an allergic reaction you know what caused it.
- Do not introduce honey or cow's milk until 1 year of age.
- Avoid chokeable foods such as peanuts, popcorn, carrot sticks, whole grapes, raisins, whole beans and hard candy.
- Use a spoon to feed your baby solids. Do not put cereal in a bottle.
- Your baby does not need water or juice.

If you are breastfeeding and plan to delay introducing solid food until after four months, please speak with your doctor or nurse practitioner about iron supplements.

# Development & Behavior

Your baby will babble and coo, smile, laugh and squeal. Your baby can hold his/her head up, grasp a rattle, and reach for things. They will start to roll over from stomach to back.

# Sleep

Most (but not all) children will sleep through the night by four months and nap two to three times during the day. Use a bedtime routine and try to put your baby to bed awake.

# Teeth

Most children start teething around six months, though it can start as late as 18 months. While teething, your baby may drool a lot. A teething ring can be useful. As your baby gets his/her teeth, you can use a washcloth or a small brush to clean your baby's teeth. Brush your baby's teeth twice a day with a smear of fluoridated tooth paste (grain of rice sized amount).

# Safety

- The AAP Recommends using backward facing toddler car seats until a child is 2 years old and weighs over 20lbs. Do not leave your child unattended in the car.
- Never leave your baby alone with other young children, siblings or pets.
- The water heater should be no higher than 120°F
- Do not eat or hold hot liquids and food while holding your child.
- Smoke & carbon monoxide detectors should be present in your home.
- When using a crib, make sure the side is always up. Do not place cushions around your baby or put any toys, blankets or bumpers in the crib. Crib slats more than 2 3/8 inches apart can cause injury.
- Do not put your baby in a walker
- Your baby will start to reach and grasp at objects and place them in his/her mouth. Be careful that your baby does not have any small objects around that can be placed in the mouth and potentially cause him/her to choke.
- Start "babyproofing" your home. Cover outlets & make sure there are no cords within reach. Secure all medications and cleaning products.

# Immunizations

Your baby will receive a set of immunizations including: Pentacel [combination of DTaP (Diphtheria, Tetanus & Pertussis), IPV (polio), Hemophilus influenza B], Prevnar (pneumococcal), Hepatitis B (only if the first dose was not given in the hospital after birth), and Rotavirus (Rotateq).

Your baby might be fussy or have a fever for 2 to 3 days. The site may be red or swollen. Put cool compresses on the site. You also can give infant Tylenol. Please refer to the dosing charts on our website: [www.facey.com/pediatrics](http://www.facey.com/pediatrics). These charts can be found in the section, "Is your child ill?"

# The Next Visit

Your baby's next appointment will be at 6 months of age, at which time your child will get another set of immunizations: Pentacel, Hepatitis B, Prevnar & Rotavirus.

## About this guide

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

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enjoy life