



## THE FOUR MONTH OLD

### DEVELOPMENT

- Rolls over
- Holds head steady when held upright
- Reaches for objects
- Squeals, coos
- Sleeps through the night

### EATING

Infants become interested in solids between 4-6 months of age. Breast milk or formula is still the infant's main food source. However, you may now offer your infant rice cereal mixed with formula or breast milk. After an infant is accustomed to the cereal, you may gradually add Stage I fruits and vegetables to the cereal.

### PLAY

Your baby is more alert and active now and can be self-entertained for short periods of time. Place your baby on his stomach on the floor. Put bright objects where your baby can see and grab them. Pick your toys carefully because it is normal for your baby to put everything in his mouth.

### OTHER CONCERNS

Drooling: Babies drool more frequently at this age. Their salivary glands are getting ready for new foods. This does not mean your baby is teething.

TEETHING: The average age for the first tooth is 7 months, but the age at which teeth appear can vary widely. Rubbing the gums with a cool washcloth, giving teething rings and Tylenol may help. We do not recommend Oragel.

NIGHTTIME AWAKENING: After you feed and rock your infant at night, put him in the crib awake. At first, he may need to cry a little to get himself to sleep. Once he learns how to make himself fall asleep, he will be able to repeat this in the middle of the night without eating or rocking. Everybody, including your infant, will sleep better.

If you have not moved your infant to his own crib in his own room, do this now. Try to be a little more "hands off" in the middle of the night. All babies should sleep through the night by 6 months of age.

REMEMBER: It is important for parents to have a chance to get out, and babies need to have some time away from parents too. Don't be afraid to leave your baby with a reliable babysitter occasionally.

NEXT CHECK UP IS SIX MONTHS OLD.