



CHILDREN'S MEDICAL GROUP, P.A. TWO TO FOUR MONTHS CHILD CARE INFORMATION

Nutrition

The committee on Nutrition of the American Academy of Pediatrics recommends that breast or formula feeding be continued until 12 months of age, and that solids not be started until 4-6 months of age.

Your child may start to feed frequently and seem unsatisfied as he approaches 4 months of age. We prefer to wait until 4 months to start solid foods, but if you have to start foods earlier because of increased appetite, use only rice cereal.

The American Academy of Pediatrics recommends delaying introducing of fruit juice until after 6 months.

Safety

To avoid injuries, use a car safety seat on every ride. The seat should be semi-reclined, backward-facing until your baby is two years of age or has exceeded the maximum recommended weight limit for your particular car safety seat.

The crib should have slats no more than 2 3/8 inches apart, a snug-fitting mattress, and no corner post extending beyond the rails.

Hot water heater should be set at 120° F or lower to avoid accidental scalding of the infant.

The Academy of Pediatrics recommends your infant sleep on his/her side or back. Your infant should sleep in an empty crib free of any items that might create a risk of suffocation and not in the parents' bed. These recommendations are to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Smoking increases your baby's risk of respiratory problems and ear infections.

Do not use the microwave to heat or warm your baby's bottle.

Do not feed your child honey or karo syrup for the first year of life. A type of botulism which can cause paralysis or death is associated with the two.

Smoke and carbon monoxide detectors should be installed.

Growth and Development

The infant should be able to hold his head up, and visually follow objects. Rolling over usually occurs at approximately 4-6 months of age.

Most babies will sleep the night through at approximately 4 months of age. They should sleep in a room separate from the parents.

Most infants will get their first tooth between 6 to 12 months of age, but may drool for months prior to obtaining teeth.

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

There are two basic types of diaper rashes: irritated rash and yeast (Candida) rash. The irritated diaper rash is usually a uniform redness of the skin. The yeast rash may be uniformly red but have multiple red dot lesions. The yeast rash needs a prescription cream/ointment.

Clean the ears with a washcloth, and clean the canal only as far as your finger can reach. Do not use Q-tips, hairpins, or any other objects because of the possibility of rupturing the ear drums.

Always feed the baby in your arms. Never prop a bottle when putting the baby down to sleep. Ear infections and choking may be associated with feeding while lying down.

If you suspect your infant may have fever, take a rectal temperature. Axillary (arm-pit) temperatures are very inaccurate. We consider a temperature of 100.4°F or greater, taken rectally, to be fever. Contact our clinic if your infant does have fever.

Return for a check-up at 4 months of age.