

Craig Ranch Pediatrics

Dr. Nagaratina Salem

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Phone (214) 383-4400 Fax (214) 383-4403

Four to Five Month Old Baby

What Your Baby Does at 4-5 Months Age

- ❖ Holds onto an object placed in his hand.
Can reach for objects, but often overshoots his mark. May transfer objects from hand to hand.
- ❖ May roll over by himself. Sits up with support and holds his head erect.
- ❖ Smacks and pouts his lips. Smiles and “talks” to get attention.
- ❖ Recognizes different people in the household and responds to them. Smiles openly and laughs while socializing, often interacting for an hour or more at a stretch.
- ❖ Enjoys play, games, and toys.
- ❖ May sleep through the night, with naps (4-6 hours) during the day.
- ❖ Protests when someone tries to take away a toy or otherwise displeases him.
- ❖ Wants to touch, hold, and taste objects.



Important Changes



- ◆ Your baby's first teeth are getting ready to come through. The first tooth may make its appearance this month. But, don't worry if it hasn't. It can take as long as 12 or 13 months for some babies to get their first tooth.
- ◆ Your baby's vision has developed, so he's able to see things in color and can focus his eyes to different distances. He can track movement smoothly.
- ◆ Your baby's hearing is reaching full development, so he's interested in the different sounds he hears, as well as those he makes himself.
- ◆ His hand and finger coordination is improving rapidly. He's learning to make his hands do what he wants them to.

How to Promote Development

- ❖ Give your baby things to look at, touch, taste, smell, and listen to. Play music for him. Give him grasping toys.
- ❖ Allow extra time during your baby's bath for play. Splashing, kicking, and grabbing at bath toys are good for his development.
- ❖

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- ❖ Respond to your baby's achievements with praise, smiles, and hugs. He's a social creature who's motivated by your approval.
- ❖ Provide your baby with toys he can get a response from, such as a music box that can be started by pulling a handle or a crib gym that has different functions. Crib gyms and mobiles should be removed by five months or when baby can push up on hands and knees.



- * Put an unbreakable metal mirror in your baby's crib so he can look at himself. Be sure it has no sharp edges.

- * Give your baby chances to meet other babies. Give them plenty of time to look at each other, smile, make sounds, and reach out to touch.

- * Hold your baby often, talking and whispering to him. Show him that you love him.

Immunizations

Your baby will get DTap, IPV, Hemophilus Influenza B, and Prevnar. The most common side effects are pain at the site and fever. You can give them Infant Tylenol every 4-6 hours.

If the baby gets fever of more than 100.5, cries for more than 3 hours, or develops a seizure or any other unusual reaction, call our office immediately.

Sleep position preferred is on the BACK for the first 6 months. This prevents SIDS (sudden infant death syndrome). The exception is only if the infant has complications of gastroesophageal reflux, or has birth defects involving upper airways.

Introducing Solid Foods

We recommend introducing solid foods at 6 months. At that stage, the child's birth weight has doubled, they have good head control, and are taking about 24 to 36 ounces of breast milk or formula.

For your baby's first food, we suggest a single-grain cereal, like rice fortified with iron. One or two teaspoons of cereal are enough to get started. Place it in the center of his tongue with a spoon. He may spit it out, but continue trying for 5-7 days. You can also introduce oatmeal and then barley cereal. Wait for wheat cereal until the baby is at least 7-8 months because of allergies.

After cereal, the foods you will introduce include: yellow vegetables, green veggies, fruits, and meats. You can give him egg yolks after 7-8 months and egg whites after one year of age. Introduce one new food at a time preferably in the morning, waiting about a week until you see how each food agrees with your baby before adding something else to his diet. If there is any allergic response—skin rash, eczema, or vomiting—give our office a call.

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Solid Foods: Some Do's and Don'ts

High protein foods such as meat, fish, poultry, and eggs are more likely to cause food allergies at this age. Wait until the baby is at least 8-10 months old to introduce these foods. Avoid peanut butter until 24 months and honey until 15 months of age.

When your baby starts solid foods, drinking water can also be added to his diet. Before that, they need less water, since they get all the water they really need from breast milk or infant formula.

A general guideline is not to feed your baby foods that CANNOT be mashed with his gums and tongue like a whole grape, carrots, or celery. Also be sure to stay away from foods that are easy for baby to choke on like popcorn, nuts, hard candies, raisins, hot dogs, or chips.

Age	Cereals and Breads	Fruit Juices	Vegetables	Fruits	Protein Foods
4-6 months	Rice cereal then oatmeal or other single-grain baby cereals (with iron).	Gerber single juices	None	None	None
6-8 months	Single-grain baby cereals (with iron), cereal/fruit baby cereals, oven-dried toast or teething biscuits	Water by cup (up to 4 ounces per day)	Strained or mashed, green, dark yellow, or orange (1/4 to 1/2 cup per day)	Strained or mashed, without the peels (up to 1/2 cup per day).	None
8-10 months	Baby cereals with iron, toast, plain bagel, crackers, teething biscuits, bread.	Water by cup (up to 4 ounces per day).	Cooked, mashed vegetables.	Soft fruit or canned fruits packed in water, peeled, seeded, and finely chopped.	Ground or finely chopped lean meats, egg yolk, small amounts of plain yogurt, cottage cheese, cheese
10-12 months	Baby or toddler cereals with iron, unsweetened cereals, mashed potatoes, rice, noodles, spaghetti.	Water by cup (up to 4 ounces per day).	Cooked vegetables, chopped.	Soft fruit or canned fruits packed in water, peeled, seeded, and chopped.	Smaller tender pieces of lean meats, cooked beans.

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- ❖ Stop feeding when baby turns away from food or shows disinterest.
- ❖ Use a baby spoon to feed cereal and other foods. **Do not put cereal in a bottle.**
- ❖ Use formula, not cow's milk, until the baby's first birthday.
- ❖ **Don't add any sugar or salt** to baby's food. Don't offer your baby sweet desserts, candy, soft drinks, fruit-flavored drinks, sweetened or sugar-coated cereal.
- ❖ . We advise offering vegetables before fruit to avoid setting up a preference for the sweet taste of fruit.

