

**PARKSIDE PEDIATRICS, S.C.**  
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Hours: Mon. and Tues. 9-5  
Thurs. 12-8  
Fri. and Sat. 9-1  
Phone: 847/823-8000

Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Head \_\_\_\_\_

**FOUR MONTH OLD INSTRUCTIONS**

**FEEDING:**

A typical child is feeding 4 to 5 times per day during the parent's waking hours. Notify us during office hours if your child is consistently feeding more than 5 to 6 times per day, is consistently consuming more than 32 ounces of Similac Advance per day, or is waking during the night for feedings.

**SUPPLEMENTAL FOODS:**

If your child is consistently consuming more than 32 ounces of formula or breastfeeding more than 6 times per day, discuss with us the possibility of introducing cereal into their diet. Start with infant rice cereal with iron mixed with 3 times as much formula, or breast milk to make a watery paste. Decrease to 2 times as much formula or breast milk as your infant learns to swallow a thicker paste. It is preferable to feed your child the cereal by spoon rather than adding it to the bottle. The first 2 to 3 weeks will be the messiest as your child learns proper coordination. A helpful hint is to use a coated spoon, place the spoon in the mouth, press down on the tongue, and insert the spoon a little further so the cereal is more near the rear of the mouth. Initially start with 1 teaspoon at the breakfast and dinner feedings. You may gradually increase the amount so as to satisfy your child up to a maximum of 4 tablespoons of dry cereal twice a day. However, do not increase to the point that your child breast feeds less than 4 times or takes less than 28 ounces of formula per day since these provide the most important nutrients for the growing child. After a week of using rice cereal with iron, you may try infant barley or oatmeal, but this is not necessary. Continue to use cereals with iron. Each cereal should be given at least a 5 day trial by itself before introducing a new type, so as to allow time to evaluate a possible intolerance to the new food. For this reason, do not use "mixed" cereal until each individual ingredient is tried separately.

**WATER:**

Extra water is not necessary at this age. If water is used for an occasional small supplement or for formula preparation, the best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

## **VITAMINS:**

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron, an over the counter vitamin, will be continued at a dose of 1.0 ml per day. If your child is consuming 12 or more ounces of formula per day, Similac Advance should be used and no supplemental vitamin is necessary.

## **SLEEP:**

The average child is sleeping 8½ to 9½ hours at night and taking 2 to 3 2-hour naps during the day. If your child is still waking at night for feeding, discuss possible solutions with us during office hours.

## **DEVELOPMENT:**

As much as you can, talk and play with your child. Make the interactions as enjoyable as possible for both you and your child. By this point, there should be minimal to no head lag when your child is pulled to a sitting position. Over the next month the head wobble noted while in a sitting position will disappear. Your child will continue to try to roll over. They should also continue to spend increasing time while awake on their belly to facilitate continued motor development. You can hold your baby upright under the arms in a standing position. This not only develops leg strength but provides significant enjoyment for the child. Over the next month your child will start to bring the feet to the mouth, will splash in the bath, begin to say “ah-goo”. and make “raspberry” sounds. They will also begin to grab objects and smile responsively at a minor. Visual acuity at this age is 3/60 (adult vision 60/60). If you haven’t already started, we encourage you to frequently read books to your child.

## **SAFETY:**

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible.

Pillows and stuffed animals pose a suffocation risk and should not be in the crib with your sleeping child.

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number should be readily available at all times, including in your cell phone, along with the number for the nearest emergency room and our office.

Maintain working Smoke and Carbon Monoxide Detectors - change the batteries yearly and replace the unit upon expiration.

Make sure all medications and cleaners are LOCKED Up and not just put up high.

Your child’s car seat should stay in a rear facing position until at least 2 years of age. The shoulder straps should come out of the slot at or just below the level of your child’s shoulders.

We recommend that you and your spouse get out together without your child at least one time per month. Use reliable sitters who are at least 13 years old. Write out all important information, phone numbers, and instructions.

Never carry hot objects while holding your child. You can’t adequately handle both thereby increasing the risk of injury.

Avoid loose strings on toys so as to prevent entanglements of the baby’s toes, fingers, or necks. This includes not using attachment devices for rattles or pacifiers especially while your child is sleeping.