

Best Kids Care
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My Head Circ is _____%

Infant Tylenol _____ml

My Length is _____%

_____drops

My Weight is _____%

Four- Five Months Old Baby

- Holds onto an object placed in hand. Can reach for objects but often overshoots mark. May transfer objects from hand to hand.
- May roll over by self. Sits up with support and holds head erect.
- Smacks and pouts 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/ her.
- Wants touch, hold, and taste objects.

IMPORTANT CHANGES:

- First teeth are getting ready to come through. The first tooth may make its appearance this month.
- Your baby's vision has developed, able to see thing in color and can focus eyes to different distances
- can track movement smoothly.
- Hearing is reaching full development, interested in the different sounds, as well as those makes by self.
- Hand and finger coordination is improving rapidly, learning to make hands do what wants them to do.

HOW TO PROMOTE DEVELOPMENT:

- Give baby things to look at, touch, taste, smell, and listen to. Play records and tapes ,give grasping toys.
- Allow extra time during your baby's bath for play. Splashing, kicking, and grabbing at bath toys are good for her development.
- Respond to your baby's achievements with praise, smiles, and hugs. Your child is 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 can look at self. 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 reach.
- Hold your baby often, talk and whisper to your baby, show that you love him/her .

SLEEP POSITION:

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

INTRODUCING SOLID FOODS:

- We recommend introducing solid foods usually at six months. At that stage their birth weight has doubled, they have good head control and are taking equal or more than 36ozs 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 is enough to get started. Place it in the center of tongue with the spoon. Your baby may spit it out but continue trying for 5-7 days. You can also introduce oatmeal and then barley cereal.
- We wait for wheat cereal until the baby is at least 7-8 months for allergies.
- After cereal, the foods you'll introduce include: yellow vegetables, green vegetable, fruits and meats.
- You can give her egg yolks after 7-8 months and egg whites after a year old. Introduce one new food at a time preferably in morning, waiting about a week until you see how each food agrees with your baby
- before adding something else to diet. If there is any allergic response, skin rash, or eczema or vomiting give our office a call.
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SOME DO'S & DONT'S:

- High protein foods such as meat, fish, poultry, and eggs are more likely to cause food allergies at this age. We wait until the baby is at least 8-10 months old to introduce these foods. We avoid peanut butter and chocolates until 18 months for allergy reasons.
- 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 and 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, and chips .