

DEVELOPMENT

- Infants begin to laugh aloud, reach for objects, and shake a rattle.
- Your infant may begin to roll over front to back or even back to front.
- At this age they can hold their head well, the baby will begin will jabber, squeal, coo, and make many sounds. They may also start to sit with support, but it may be another month or two before they do this well.

DIET

- Your baby should continue on breast or formula feedings until 1 year of age at which time they are switched over to whole milk.
- When your infant is 4-6 months old, you may begin to start feeding him/her rice cereal from a spoon (one or two tablespoons mixed with breast milk or formula, 1-2 times a day). You may then begin to add Stage One baby foods to your baby's diet. The introduction of solids can be done in many ways. Many like to start with rice cereal, then yellow vegetables, then fruits, then the white meats, and lastly the red meats. It is usually best to let your child get use to each new food 4-5 days (at least a day or two) before adding a new food.

HYGIENE

- Do not put Q-tips down in the infant's ear canal. The ear is designed to be self-cleaning, and earwax is actually protective.
- The outer ear may be cleaned with a Q-tip or washcloth.
- Continue to use a mild soap and shampoo with a baby shampoo, bathing every 2-3 days.

SAFETY

- Never take your child in any car unless he/she is properly restrained in an infant car seat, facing rearwards.
- Smoke and carbon monoxide detectors should be properly maintained. Check your batteries.
- Never prop a bottle or give a bottle to your infant while he/she is in bed.
- Your baby will begin to put all kinds of objects into his/her mouth, so be sure to keep small objects, such as coins or safety pins out of your baby's reach.
- Supervise him/her at all times, discard detergents not used often, start to lock cabinets and move things out of reach.
- Never leave an infant unattended on a surface from which he/she could roll off.
- Never leave infant unattended in the bathtub.
- To protect your child from scalding, confirm that the temperature of your hot water heater is set to less than 120°.
- Avoid holding your infant while cooking, smoking, or drinking hot liquids.
- Avoid excessive sun exposure; try to shade or use light clothes. Remember, sunscreen is not recommended <6 months of age.
- Many children attend daycare. Check the daycare's accreditation, and make unplanned visits.

STIMULATION

- Limit the time your child spends in a playpen and allow him/her to explore under close supervision.
- Let your child practice reaching for objects with both hands.
- Talking, reading, and singing to your baby are great activities
- Some babies like listening to music. Often times, classical music can be soothing.

TOYS

- Toys should be too large to swallow and too tough to break. Make sure they have no small parts or sharp edges.
- Cloth balls with bells inside, chew toys, rattles, soft blankets and stuffed animals are a few good toys for this age.
- Exer-saucers or Jolly Jumpers are good toys for babies who can sit up.
- Walkers do not help babies learn to walk and they are associated with a high rate of injury. **DO NOT USE!**

TEETHING

- Many babies drool around this age, which may or may not represent teething. Until you see teeth erupting, it is hard to tell.
- Some infants will cry for a few days or *longer* before teeth erupt.
- Teething does not cause high fever, but may lead to a slightly elevated temperature (99-100).
- Cold symptoms such as congestion and runny nose may accompany teething.
- Cold teething rings sometimes help to ease the pain. Metal spoons are also good.
- For relief, you may rub Anbesol, Orajel, or Numzit directly on your baby's gums. This usually gives relief for about 15 minutes.
- Tylenol is the best choice for pain and fussiness.

IMMUNIZATIONS

- Today your baby will be getting his/her second set of multiple immunizations (DTaP, Hib, Prevnar, Polio, and Rotavirus vaccines). These are the same vaccines that were given at the 2-month visit.
- Again, your baby may develop pain or redness for up to 48 hours after the injection. Fever is also possible. To help alleviate some of these symptoms, you may use acetaminophen drops such as Tylenol. The dose is: _____ every 4 hours as needed. Infant Ibuprofen (Advil / Motrin) is not approved under the age of six months.
- Please call the office if your infant has a fever of 103°F or greater, has inconsolable crying, high-pitched crying, difficulty waking, has a convulsion, or any other reaction that seems severe.