

## Things You Should Know: Your Baby 4-5 months

### FEEDING

#### *Breastfed Babies*

- Continue breast milk or formula until age 12 months.
- Usually, babies this age eat every 2-4 hours with longer intervals at night.
- Your infant may nurse 10 to 30 minutes per feeding.
- Please call our office with any questions. Lactation experts are available.

#### *Formula Babies*

- Continue formula until age 12 months. The average amount per feeding is 5-7 ounces.
- Usually, babies eat every 3-4 hours per feeding with longer intervals at night.
- It is not necessary to boil city water to prepare formula.
- If you feel that your child is not tolerating formula, call us before making changes.
- Do not warm bottles in the microwave. If your baby prefers warm formula, place the bottle in a cup or bowl of warm water.
- **Always hold your baby when giving a bottle.**
- **We do not recommend juice at this age.**
- Babies who are put to bed **without** a bottle and who do not drink juice or sugary drinks typically **do not** have tooth decay.
- Constipation is common. Using dark molasses in the formula may help. Call us about this.

#### *Solids*

- **Babies can be happy and healthy on formula or breast milk alone until 6 months of age. They may begin eating solids such as vegetables and fruits between 4 and 6 months of age if they are developmentally ready.** They are ready when they can sit in a highchair or infant seat with good head control and show interest and skill in taking the food from a spoon.
- **Small tastes of peanut butter should be offered on a spoon or mixed in with other foods.** Parents of babies with severe eczema should consult their doctor before introducing peanut butter.
- Adding baby food to a bottle will not help your infant sleep longer and is not recommended.

#### *Vitamins*

- **Breast fed babies and babies who drink less than 32 ounces of formula per day should be given a vitamin D supplement daily.**

### DIAPER RASH

- Diaper rashes are usually caused by being left in wet or dirty diapers too long. When rash appears, change diapers more often. You may apply Desitin, Vaseline, A&D ointment or other diaper creams as needed for a diaper rash.

### SLEEP

HAVE YOUR BABY SLEEP ON HIS OR HER BACK TO REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS)!

- Most babies sleep through the night around 4-6 months of age. Infants don't usually have a good sleep pattern the first few months. Do not normally allow your baby to sleep longer than 3 hours during the day.

- Experts strongly recommend that you do not put your baby to sleep before putting him or her to bed. Children need to develop their own internal controls to fall or stay asleep. The parents' role is to help the child learn this process. Put your baby in bed drowsy but still awake. It is very important that the infant learns to fall asleep on his or her own even though this is sometimes difficult for parents emotionally.

## SAFETY

- **ALWAYS put your baby in a car seat.** The car seat should be rear facing in the back seat away from an airbag. Install and position it according to the manufacturer's directions. See our Car Seat Guidelines handout for further details. Always wear a seat belt yourself.
- **Babies should sleep on their back in their own bed to reduce the risk of Sudden Infant Death Syndrome (SIDS).**
- **Do not put anything in bed with your child.** This includes pillows, loose blankets, bumper pads, stuffed animals, sleep positioners, DockATot, Boppy pillows and other infant loungers. The crib mattress should be firm and covered only by a fitted sheet.
- **Sleeping with your baby is dangerous.** Ask us about this.
- **Never leave your baby unattended on an elevated surface.**
- Protect your infant from older brothers and sisters. Use a playpen as an island of safety.
- Necklaces and long cords on pacifiers are dangerous.
- Do not hold your baby while drinking hot liquids or smoking.
- Be sure you have working smoke alarms as well as a simple fire safety plan (for example, where you might meet outside in case of a fire).
- Carbon monoxide detectors are recommended.
- Babies can easily suffocate if left lying on a soft surface on their tummies.
- Check the temperature of your hot water heater; it should be below 120 °F.
- The number of Poison Control should be kept near your phone in a place that you can find easily. **1-800-366-8888**
- **We do not recommend the use of walkers.** Walkers may delay your child's ability to walk and may cause your child to walk on his or her tiptoes. Walkers are also dangerous. There are more than 9,000 walker-related injuries a year.
- **Exposure to cigarette smoke causes many medical problems for your baby. These include upper respiratory infections (colds), ear infections, asthma, and an increased risk of SIDS. E-cigarettes, vaping and marijuana use can also cause harmful effects to your baby.**

## GROWTH AND DEVELOPMENT

- **Read to your baby every day.** Mirrors and mobiles help your baby develop.
- **Do tummy time on the floor every day for play and exercise - NEVER for sleep.**
- Thumb sucking is normal.
- Hold and cuddle your baby as much as you want. You can't spoil your baby at this age.
- Although your baby may not have any teeth, remember to wipe the gums twice a day with warm water and a soft cloth. When teeth come in, brush them twice a day with a tiny dab of fluoride toothpaste.

## **IMMUNIZATIONS AND WELL CHILD VISITS**

- We would like to see your baby in the office at 6 months for a well child visit.
- Your baby will receive the following immunizations at the 4 month check-up: DTaP, Hib, Prevnar, Polio, and Rotavirus.
- At the 6 month check-up your baby will receive the following vaccines: DTaP, Hib, Prevnar, Hepatitis B and Rotavirus.
- Protection from RSV, a potentially serious respiratory infection, is available through an antibody injection for infants under 8 months whose mothers did not receive the RSV vaccine during pregnancy.
- Call the office immediately if your baby appears to develop a severe reaction after shots are given. If fever or fussiness lasts longer than 2-3 days, call us.

**Please do not hesitate to call or text our office in you have any questions or concerns!**