

# BOULEVARD CENTER PEDIATRICS

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## 4 Months Visit

Today's Date: \_\_\_\_\_

Next Visit: @ 6 Months of Age

Your Child's Weight: \_\_\_\_\_ lbs Weight% \_\_\_\_\_ Your Child's Height: \_\_\_\_\_ in. Height %: \_\_\_\_\_ HC \_\_\_\_\_ %

**Immunizations Recommended:** \_\_\_ DTaP (Diphtheria/Tetanus/Pertussis) \_\_\_ IPV (Polio) \_\_\_ HepB (Hepatitis B) \_\_\_ Hib (Hemophilus Influenza B) \_\_\_ Pevnar 13 (Pneumococcal Conjugate 13) \_\_\_ Rotavirus (for diarrhea)

**Vaccine Information Sheets:** Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: \_\_\_\_\_ ml.

### Referred To:

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700 ; Early Intervention 703-792-7879 Woodbridge Health

Department: 4001 Prince William Pkwy, Suite 101 703-792-7300 Cranial Technologies 844-447-5894

### How Your Family is Doing

- Take time for yourself. Take time together with your partner. Spend time alone with your other children.
- Encourage your partner to help care for your baby.
- Choose a mature, trained and responsible babysitter or caregiver.
- Hold, cuddle, talk to and sing to your baby each day. Massaging your infant may help your baby go to sleep more easily.
- Get help if you and your partner are in conflict.

### Feeding Your Baby

- Breast milk or formula remains the best food, up to 32 oz per day. If baby is taking less than 32 ounces per day, he should take 400 international units (IU) of Vitamin D daily. You can get this over the counter (D Vi-Sol or Tri-Vi-Sol, 1ml daily.)
- Avoid feeding your baby too much by following the signs of fullness (Leaning back, Turning away)
- Some babies become easily distracted during feeding because they get interested in things around them. If feeding becomes difficult, try feeding baby in a quiet, darkened room.
- Solid feeding is discouraged for babies less than 6 mths of age, however some babies may be ready for solids now. Signs that show they are ready include good head control, interest in watching what others eat, opening his mouth as food nears and not sticking out his tongue when you offer a spoon.
- **Start simple.** Offer single-ingredient foods that contain no sugar or salt, and wait three to five days between each new food. This way if your baby has a reaction — such as diarrhea, rash or vomiting — you'll know the cause.
- **Baby cereal basics.** Mix 1 tablespoon of a single-grain, iron-fortified baby cereal with 4 tablespoons (60 milliliters) of breast milk or formula. Don't serve it from a bottle. Instead, help your baby sit upright and offer the cereal with a small spoon once or twice a day. Serve one or two teaspoons after a bottle- or breast-feeding. Once your baby gets the hang of swallowing runny cereal, mix it with less liquid and gradually increase the amount you offer. Offer a variety of single-grain cereals such as rice, oatmeal or barley. Avoid offering only rice cereal due to possible exposure to arsenic.

### If Breastfeeding

- Exclusive breastfeeding for about the first 6 months of life provides ideal nutrition and supports the best possible growth and development.
- Plan for pumping and storage of breast milk.

### If Formula Feeding

- Make sure to prepare, heat and store the formula safely.
- Hold your baby so you can look at each other.
- Do not prop the bottle.
- Do not give your baby a bottle in the crib.

### Safety

- The car seat should be rear-facing in the back seat in all vehicles. Always wear your seat belt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags away from baby.
- Prevent burns by setting your water heater so the temperature at the faucet is at or below 120°F. Do not drink hot drinks when holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.
- Never shake your baby, never tie a pacifier or put jewelry around baby's neck (choking hazard).
- Make sure smoke and carbon monoxide detectors are working in your home.
- Help prevent illness by avoiding crowded places and wash your hands often.

### Your Changing Baby

- Keep routines for feeding, nap time and bedtime.
- Most babies at this age smile, laugh, babble, drool (a sign of teething), keep hands open while at rest, initiate interaction with others, bring hands together and to mouth, lifts head and chest when lying on tummy, shows good head control and reaches for objects.
- Encourage active play (Offer mirrors, floor gyms and colorful toys to hold)
- Tummy Time – Put your baby on his tummy when awake and you are there to watch.
- Promote quiet play (Hold and talk with your baby, Read to your baby often.)

### Crib/Playpen

- Put your baby to sleep on his or her back on a firm mattress in a crib, in your room, not in your bed.
- In a crib that meets current safety standards, with no drop-side rail and slats no more than  $2\frac{3}{4}$  inches apart. Find more information on the Consumer Product Safety Commission Web Site at [www.cpsc.gov](http://www.cpsc.gov).
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
- Lower your baby's mattress.
- If using a mesh playpen, make sure the openings are less than  $\frac{1}{4}$  inch apart.

### Healthy Teeth

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay on to your baby.
- Don't share spoons or cups with your baby or use your mouth to clean the baby's pacifier.
- Use a cold teething ring if your baby has sore gums with teething.
- Clean gums and teeth (as soon as you see the 1<sup>st</sup> tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice.)

### WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

**Call 911 or go to the nearest ER** for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or [seatcheck.org](http://seatcheck.org)