

# Bloomfield Pediatric Care

[www.bloomfieldpediatriccare.com](http://www.bloomfieldpediatriccare.com)

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 4 Month Well Visit

### Growth & Development Milestones

- ✓ Is active, playful & likes people, basks in attention
- ✓ Reaches and grasps some objects
- ✓ Carefully studies objects placed in his hand
- ✓ Explores things by putting them into his mouth
- ✓ Plays contentedly with fingers and hands
- ✓ Usually sleeps through the night
- ✓ Laughs and giggles while playing and socializing
- ✓ Turns head in response to human voice, smile/coo
- ✓ Rolls from front to back
- ✓ Holds up chest when lying on tummy
- ✓ Supports head when held in sitting position
- ✓ Sits with support for longer periods
- ✓ Focuses clearly, fascinated with mirror image
- ✓ Teething may start, excess chewing and drooling

### Personal Health & Wellness

- ✓ May introduce cereals in thin, smooth textures
- ✓ Cereals should be mixed with formula or breast milk
- ✓ Breast/formula recommended until age 1
- ✓ Baby needs 20-30 ounces of breast milk or formula daily for bone growth
- ✓ After cereals introduced pureed fruits/veggies
- ✓ **Avoid** juices
- ✓ **Avoid using bottle as pacifier, only use bottle when hungry**
- ✓ Clean teeth/gums twice a day with soft cloth
- ✓ Never put baby to bed with a bottle
- ✓ Read daily, sing & be active!
- ✓ No toys or blankets in the crib

### Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs
- ✓ Never eat, drink or carry anything hot when carrying baby

### Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important, assess with survey on your knees
- ✓ Keep cords, strings, hanging mobiles away
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Poison Control number available to all caregivers**
- ✓ **Never leave your baby alone in car or high places**

### For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-4-months-old/>



### Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



### Office Hours:

Monday – Friday 9:00 am to 5:00 pm  
Saturday (Sept – May) 9:00 am to 12:00pm

**Phone Number (248) 451-0600**

**Answering Service (248) 858-6888**

**Fax Machine (248) 451-0700**

**Poison Control (800) 222-1222**

**Child Safety Seat Inspection:**

1-866-SEATCHECK; [www.seatcheck.org](http://www.seatcheck.org)

**Beaumont Pediatric After Hours Clinic**

**Royal Oak Troy**

(248) 551-0222

(248) 964-2888