



Four Month Visit

Now it really gets fun! By now, your baby is probably smiling at you and expecting you to smile back. This is a proud visit as your child continues to amaze you with new developmental achievements. We will continue to discuss ways to stimulate your baby's continued development. We will also develop a strategy to help you raise a healthy eater and sleeper.

What should my four-month old be doing?

All babies develop at different rates. Please do not be discouraged or worried, if your child has not achieved the following milestones by 4 months.

At this age, your child should:

- Hold up chest when lying on tummy
- Roll from side to side
- Reach and grasp for objects
- Turn head purposefully in response to human voice
- Be fascinated by mirror image
- Laugh and giggle while playing and socializing

Is my baby teething?

Four month old babies produce a great deal of saliva at this age. Also, anything in their hands will end up in their mouth. These behaviors are often misconstrued as signs of teething. Usually, infants begin teething between 6 – 18 months.

Should my child begin solid foods?

Bottle-fed infants begin solid foods at four months. Breast fed infants may remain exclusively breast-fed until six months or can introduce solid foods between 4-6 months. Please click on [Starting Solid Foods](#) in the bookcase for more information

What vaccines and/or screening tests should I expect at this visit?

At this visit your child will receive the Pentacel vaccine ([Dtap](#), [polio](#) and [Hib](#)), the [Prevnar](#) vaccine (pneumococcal) and an oral vaccine that protects against [rotavirus](#).

